



Alan Gibson

Fitness Coach

at Chase Health Club & Studio3

Co-owner of Studio3 & Fitness Manager
at The Chase Health Club

About Me

Following a career in Engineering, Consulting, Coaching, Mentoring and running my own business I feel privileged to be able to help people improve their health and fitness and guide a growing number of inspirational people to dramatically improve their health and wellbeing by developing a positive mindset and a passion for activity and healthy food.

I like to work closely with my Clients to identify goals and develop achievable long-term plans that deliver results.

I'll help you understand your true potential and what you are capable of.

We will utilise a wide range of equipment and training styles dependent upon what you like, dislike and your current capabilities and skills and future potential.

Qualifications

Check out my Client Case studies on Social Media!

- Level 3 Personal Trainer
- L4 Nutrition & Concept2 Certified Coach – currently studying
- I lost 40% of my own body weight

About my Services

- One to One Coaching – Monthly Plans
- Small Group Coaching – Monthly Plans
- 8- and 12-weeks Performance Plans
- Technique Workshops
- 12- month Wellbeing Transformation Plans
- Mentoring & Coaching

My Specialities

- **DELIVERING RESULTS**
- Exploring & exceeding boundaries
- Focusing on habit and behavior change
- Fat Loss
- Transformations – mindset & aesthetics
- Endurance Training
- Indoor Rowing/SkiErg/BikeErg
- Kettlebells
- Working hard

Contact Me

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