



Ryan Bristow

Personal Trainer/ Nutritionist

at Chase Health Club & Studio3

About Me

I have always had a passion for all things sport related which lead me to the career I have today. I have a keen desire to never stop learning so I enjoy reading about nutrition, sport and fitness whenever I can.

Outside the gym you will normally find me with a coffee, watching football (Wolves fan) or planning my next holiday!

I have worked in the fitness industry for 10 years and gained experienced working with a variety of clients - from everyday gym goers looking to improve their fitness and physique to professional athletes including European Tour golfers and elite level MMA fighters. You can see the results on my Instagram - @rxinutrition

Qualifications

- MSc Sport & Exercise Science
- BSc (Hons) Sports & Exercise Science
- MNU Certified Nutritionist
- Level 3 Personal Trainer



About my Services

I have a range of services depending on the needs of the client - I offer nutrition packages, trainings programmes, Personal Training or a combination of the above. Contact me for a free consultation.

My coaching style uses the key principles of nutrition and training and implement them using a method that is tailored for each individual client.

What that means is through a thorough consultation and regular check ins we will together decide the best course of action to get you real, long-lasting results.

My Specialities

- Body Re-composition
- Nutrition for fat loss / muscle gain
- Training for fat loss / muscle gain
- Strength and conditioning
- Nutrition to improve sports performance

Contact Me

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