

PERSONAL TRAINER PROFILE

Emma Tipper

How do you book me?

Call: **07837605782** Email: **emmamariept@outlook.com**
or ask at reception for my details.



My Qualifications

Personal Trainer
Level 3 in Personal
Training (CIMSPA)

Gym Instructor
Level 2

**Group Fitness
Instructor**

**Menopause
Specialist**

**Weight Loss
Coach**

**Novice
Powerlifting
Champion 2022**

About me

Hello, I'm Emma and I'm a certified Personal Trainer. I specialise in working with over 40s, helping them become stronger physically and mentally.

I want to enable everyone to be empowered to lift weights safely, allowing them to grow in confidence, along with supporting them to future proof their bodies for longevity.

I can support your goals with my following services:

- Free consultation
- Heavily Discounted and fully refundable Taster Sessions
- Design bespoke and customisable training plans, delivered through an easy-to-use app and written to match your goals.
- A holistic approach to health and wellbeing, advising and looking at wider lifestyle changes for most impact.
- Access to a community of like-minded, supportive individuals providing group accountability.

My specialties

- Weight Loss
- Peri/Post Menopause Certification
- Powerlifting – Teaching anyone how to lift safely, form/technique and focus on compound lifts
- Poundfit Instructor
- Podcast – Lifting, Life and Leopard Print

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I'm regulated by:
The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number **35366**

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