

PERSONAL TRAINER PROFILE

Jordan Thomas-Ebanks

or ask at reception for my details.



My Qualifications About me

Personal Trainer
Level 3

My aim as a PT is to bring out the best in my clients by training the mindset and developing a fitness lifestyle, not just going to the gym. I believe that the mind dictates everything; it determines how we feel and our perception on both life and wellbeing.

Gym Instructor
Level 2

Living our best life starts with feeling good. Physical fitness has a full spectrum of benefits, and my aim, as a professional, is to ensure you meet your goal. By doing so, you can release the locker of endorphins you have trapped underneath life's stresses and anxieties.

**Leading Physical
Activity for Adolescents**
Level 2

I began training 14 years ago, I use to overindulge in high calorific food with little exercise. I was a slave to my cravings which I had to take control of once and for all and since, I have become extremely passionate about changing people's outlook on health and fitness. I specialize in fat burning, muscle building and body sculpting.

I have been as heavy as 19 stone and as light as 12 stone, reduced 30% body fat down to 6%. I am confident that, no matter my client's age or fitness level, I could help them achieve their own goals. This way, they can make a positive transformation too, both physically and mentally.

My specialties

- Muscle building
- Fat burning
- Body sculpting

MORE PT

I'm regulated by:

The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number 35366

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