

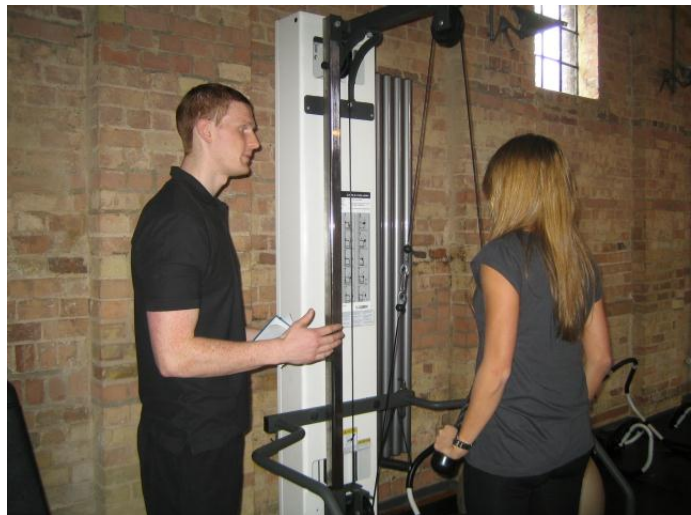
Michael Powell – Personal Trainer

Contact details

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Michael has been a qualified personal trainer for 5 years after taking a degree in Sports Science. He has had an array of experience with training people from beginners to elite sportspersons. He has gained much experience from working alongside an experienced physiotherapist at a semi-professional rugby Club where he has come across a vast array of injuries that have required specific rehabilitation.



Fitness Evaluations at regular intervals assess improvements and enable changes to be made to programmes and lifestyle to keep the client stimulated and improving all the time.

Health Screening includes diagnosing and dealing with issues such as high blood pressure, raised cholesterol levels and the risk and management of diabetes. Exercise can reduce and prevent the onset of these and a number of other issues.