



# ALIX WESTGARTH-TAYLOR

## QUALIFICATIONS -

Reps Level 3  
Higher National Diploma in Science (Sports Studies)  
Focus Diploma in Nutrition Management, Sports Injury, Fitness  
Assessment and Personal Training  
OCR/RSA Exercise to Music  
OCR/RSA Pilates Level 2 (Pilates Institute)  
Reebok Core Training Certified  
Boxercise Instructor  
Studio Cycling Instructor  
Biosignature Practitioner  
Paul Check Swiss Ball Training  
British Amateur Weight Lifting Association

## SPECIALISATION AREAS -

Specialised core strengthening, balance and stability work for particular postural types and sports  
Pilates Pre/Post Natal Exercises  
Spine rehabilitation through pilates and gym based programmes  
Toning/Weight Loss

## ACHIEVEMENTS -

Improving the life of my clients with long term back problems  
Capital 10k run  
British Military 10k run  
A week long appearance on GMTV discussing the importance of a healthy lifestyle and a good fitness regime  
Achieving my Riding Instructors Certificate  
Writing 3 fitness articles for the local paper

## INSPIRATIONAL QUOTES -

"Your either in or you're out. There's no such thing as life in between"