



DARYL BROWNE

QUALIFICATIONS -

Reps Level 3
Msc in Exercise Science and Assessment
Bsc in Exercise Science
Premier Diploma in Fitness Training and Sports Therapy
British Association of Weight Lifting Award

SPECIALISATION AREAS -

6 week weight loss programme
Personal Training for the corporate client
Stress reduction training programme

ACHIEVEMENTS -

Completion of Msc
Running the London Marathon
Regional Strength and Conditioning Coach for the England Ladies Football Club
Lecturing on the benefits of exercise on the Home Office's Department of Top Management Programmes

INSPIRATIONAL QUOTES -

"We must all suffer one of two things: the pain of discipline or the pain of regret and disappointment"