



KELLY PACE

QUALIFICATIONS -

Reps Level 3
Premier Diploma in Personal Training and Sport Therapy
Diploma in Nutritional Therapy
Specific Populations (Pre/Post Natal)
Sports Nutrition
Body Massage
Sports Massage Therapy and Rehabilitation
Power Plate
Studio Cycling
Boxercise

SPECIALISATION AREAS -

Fat Loss and Muscle Building
Core Strengthening and Stability
Sports Specific Training

ACHIEVEMENTS -

1 minute behind Paula Radcliffe!
Distance Races and Events
Fitness demonstrations in the Houses of Parliament for Sport England
Established her own outdoor individual and group training 'Boot Camp'.

INSPIRATIONAL QUOTES -

"Be vivacious, animated and full of life!"