

Health & Fitness Manager

PERSONAL TRAINER PROFILE

Cameron Hyde

How do you book me?

Call **07356319312** Email: cameron.hyde@serco.com

or ask at reception for my details.



My Qualifications

Advanced
Personal Trainer

Personal Trainer
Level 3

Exercise Referral
Level 3

Hatton ABC
(Boxing) Qualified

Sports Massage
Therapy Qualified

Nutritional Advisor

Academic

BSc
Sport and
Exercise
Science

MSc
Strength and
Conditioning

About me

Hello, I'm Cameron and I'm a Personal Trainer with a passion to help my clients improve their lives through fitness and lifestyle changes. My background is working within a range of different Professional Sports. The past 5 years working fulltime with my most recent club Southampton FC.

Having worked in the fitness industry now for over 12 years, I have had the pleasure to have worked with different clients ranging from celebrities to professional athletes, to clients working on rehabilitation, or as simple as just wanting to get fitter for a special event. No matter your fitness goals I can help you to achieve them by improve your stability, strength, speed, power, endurance, fitness, and confidence.

I will create you a personalized, unique, and customizable training plan, working towards your targets and SMART goals. I'll also provide dietary advice and simple, but effective, lifestyle changes to ensure you can become the best image of your true self.

My specialties

- General fitness and starting with the basics
- Exercise referral & Rehabilitation
- Strength & Conditioning
- HiiT & Endurance
- Weight management & Weight loss
- Lean muscle building & Core Stability
- Functional training & Injury Prevention

I'm regulated by:
The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number 35366

let's do
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