



Hi, I'm Tommy, a Personal trainer and Nutrition Consultant based in Cheltenham.

I've always been an active person, getting involved in sport and athletics since a young age. However, It wasn't until I started trying to transform my body that I truly began my health and fitness journey.

It began like a lot of peoples; I had an image in my head of how I wanted to look so went on a mission to build my ideal body. I started out reading health magazines and hitting the gym to build as much muscle as possible. But when I started to educate myself further, I realised I had neglected what really mattered – How I felt.

I changed my nutrition and started focussing on the quality of my food rather than the quantity - it made me feel great! I started to notice I no longer suffered from headaches, felt lethargic or got stomach pains when I ate. These were all things I had considered to be the norm but in reality they were predominantly the consequences of what I ate.

To most people, my previous diet would have looked pretty good. I rarely had takeaways and ate plenty of fruit and veg with very little 'junk'. The thing is, it wasn't right for me - and that's what really matters!

That's why I believe in building and supporting a lifestyle that's personal, is suited to the individual and is sustainable. That means no starvation diets, quick fixes or fads!

I also feel that the foundations of training and nutrition are often ignored. This is what holds many people back in achieving their goals (including myself at one point). Consequently I believe in building a solid foundation first with simple and achievable steps. That means you won't be jumping in at the deep end and will see more sustainable results.

I'm dedicated to developing my skills and have therefore learnt from some of the best in the industry. This dedication has led me to pursue a Masters degree in Nutritional therapy, which I am currently studying alongside other training and nutrition courses. As a result of this passion, I'm able to teach you the tools you need to achieve long lasting results!

So, if you're driven to improve your body, health and wellbeing get in touch.