

Personal Fitness Nutrition Well-Being

***Looking
after
you***

Fitness

Achieve your dream goals with my targeted 1:1 personal training.
Weight loss, toning,
strengthening & cardio

Nutrition

Advice & a tailored food plan;
key for overall good health &
protection against illness

Holistic Massage

Reduce aches, pains &
daily stresses with a massage

Stress Management

Together we can work on
simple stress management techniques
to help you cope with everyday life



REPs

The Register of
Exercise Professionals

07786 373154

c.cusack@hotmail.com

claircusackpersonaltraining.co.uk