

# MEET OUR LIFESTYLE COACHES!

The NewMe Exercise on referral programme is delivered by qualified coaches. Here is your chance to get to know them!



**JASON**  
HEALTHY LIFESTYLE  
COACH

**About me:**

I have been a Healthy Lifestyle Coach for over 10 years and love helping people get fitter and healthier both physically and mentally.

**Specialties:**

In addition to this I run the Cardiac Rehab program at Becontree Heath Leisure Centre and teach chair based and Supple Strength in the local community for the Young at Heart program.

**Qualifications:**

- Level 3 Exercise on Referral
- Level 4 Cardiac/Pulmonary Rehab/Cancer
- Level 4 Exercise and nutritional Interventions for obesity and diabetes
- Level 3 Pre and Post Natal
- Level 3 Exercise for the older adult
- Level 3 Nutrition and Weight Management
- Level 3 YMCA Supple Strength, Circuit training, Exercise for disabled clients
- Momenta Weight Management facilitator
- Boxercise



**BARBARA**  
HEALTHY LIFESTYLE  
COACH

**About me:**

I have been in the fitness & rehabilitation industry since 2008 and have worked with various background groups assisting with their diet and fitness needs at many levels.

**Specialties:**

I help to improve their confidence and motivation, putting them at ease and making their workout enjoyable and sustainable. As a Healthy Lifestyles coach your health concerns is what I want to help you with. I look forward to providing you with support.

**Qualifications:**

- Level 1 Stop Smoking support
- Level 2 Gym Instructor
- Level 3 Advanced Gym instructor
- Level 3 GP Referral instructor
- Level 3 Exercise People with disability
- Level 4 Cardiac Rehabilitation phase 4
- Level 4 Pulmonary Rehabilitation
- Momenta Weight Management facilitator



**MARILYN**  
HEALTHY LIFESTYLE  
COACH

**About me:**

I worked as a gym instructor and personal trainer before training as a GP Referral Instructor.

I then started working for LBBDD 7 years ago, and started as a GP Referral coach (now called Healthy Lifestyle Coach). I wanted to help people which is why I trained in this job and over the years I believe myself and my colleagues have helped many people.

**Specialties:**

I also trained in cancer referral and now run a session each week offering exercise for patients living with cancer.

**Qualifications:**

- Level 4 Cancer Rehab
- Level 3 Nutrition and Weight Management
- Level 3 Exercise on Referral
- Level 4 Exercise and nutritional Interventions for obesity and diabetes
- Level 3 Exercise for the older adult
- Momenta Weight Management facilitator
- Pilates and Meditation



**AFSAR**  
HEALTHY LIFESTYLE  
COACH

**About me:**

I have always had a passion for fitness since playing football and being very active during school. Over the last 5 years I qualified as an instructor and underwent a graduate programme to gain as much knowledge as I can regarding all aspects of health.

**Specialties:**

I learned how to create exercise programmes specific to an individual's needs, focus on diet and a healthier lifestyle. I like to take a more holistic approach to training as I have learnt from my martial arts training, which influences and enables me to help clients more effectively.

**Qualifications:**

- Level 2 Gym Instructor
- Level 3 Personal Trainer
- Level 3 Nutrition
- Level 3 GP Referral

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## **SANDRA HEALTHY LIFESTYLE COACH**

### **About me:**

Hi, my name is Sandra, I work for Barking and Dagenham Council Healthy Lifestyle team as a GP referral coach.

### **Specialties:**

My aim is to support clients with their medical condition through exercise in a gym setting and facilitate their weight management in a classroom setting. Whilst supporting my clients on the 12-week gym/adult weight management programmes, my clients have achieved great progress with taking control of their medical conditions and weight management. It gives me great pleasure to work with my clients through their journey. I will continue to be supportive, understanding and sympathetic towards each of my client's needs. Together we can make a difference to your daily life.

### **Qualifications:**

Gym Instructor

GP Referral Coach

Momenta Adult Weight Management facilitator.



## **DEAN HEALTHY LIFESTYLE COACH**

### **About me:**

I have always been keen to support the local community in regards to healthy living and reaching potential goals. My job as a frontline officer/lifestyle coach is to educate, motivate and help you to create lifestyle changes whilst building your confidence. The physical fitness will support your balance and mental health stability. My job is for you to gain enjoyment in keeping physically healthy.

### **Specialties:**

Weight loss

Educating and healthy lifestyle changes

Exercises for people with a disability

Chair bases for older adults

Individual specialised programme

### **Qualifications:**

Level 2 gym instructor

Level 3 personal training

Level 3 exercise on referral

Level 4 Exercise People with disability

Chair bases exercise

First aid



## **BRADLEY HEALTHY LIFESTYLE COACH**

### **About me:**

I have always had an interest in Weightlifting and all aspects of Fitness Training. This quickly turned in to a serious passion, since then I have dedicated myself to gaining as much knowledge as possible.

### **Specialties:**

Over the last 10 years I have gained a deep understanding of the most efficient ways to train individuals and to help them to reach their goals, whether that be nutrition, weight loss, building muscle mass or improving any conditions they may have. I have a natural ability to coach, motivate people to understand and trust in my methods of training. I will strive to make the lifestyle changes that people need through goal specific training programs.

### **Qualifications:**

Qualified Lifeguard NPLQ

Level 2 Gym Instructor

Level 3 Personal Trainer

Level 3 Nutrition

Level 3 GP Referral