



# ARTHUR

## PERSONAL TRAINER

### Specialises in

- Older adults
- Functional training
- Injury prevention & rehabilitation
- Chronic conditions: Musculoskeletal (Osteoarthritis, Hips & knees etc.), Metabolic (Diabetes, Obesity etc.), Cancer (Prostate, Breast etc.), Cardiovascular (Hypertension, Coronary Artery Disease etc.), Respiratory (Asthma, CF, COPD etc.), Neurological (Parkinson's, Stroke, MS)

### Qualifications and Experience

- Bachelor of Exercise & Sports Science | AES | ESSAM
- Master of Clinical Exercise Physiology | AEP | ESSAM

### Bio

In the past I have been an active cyclist and martial artist for the most part of my life. These days it's more about looking after my musculoskeletal system and preventing a decline in my general health & wellbeing. Exercise must become an integral part of our lives, something we do without a second thought, like brushing our teeth or having a shower. The day we stop moving is the first day of the end of our journey here on our earth.