

Rachel Winter

Certified Personal Trainer

Background

Rachel moved to Pass-a-Grille in 2001. She is originally from Kent (near London), in the UK. She has been working at Fit for Life since August 2003, where she provides instruction on use of the machines and free weights and writes fitness programs for members.

Education/ Experience

Rachel has a degree in librarianship, and managed a large music library in London for several years before changing careers. She studied for 3 months full time with Premier Training and Development, to gain her Diploma in Fitness Instruction and Sports Therapy.

Upon completion of her studies, she was selected to work in the exclusive gym at the House of Commons, training members of the British Parliament and their staff.

Rachel is an IFPA Advanced Certified Personal Trainer, and is specifically trained in fitness instruction for seniors.

Personal Training

Rachel welcomes clients of all ages and abilities, and those with specific medical conditions. She can structure a program to suit your individual requirements, incorporating both cardiovascular and strength elements, to aid weight loss and increase endurance.

To keep your workouts challenging, she makes use of a variety of equipment, such as stability balls and other balance apparatus, medicine balls, resistance tubing, body weight exercises, weights machines and hand weights.

If you set realistic goals, believe in yourself and put in a consistent effort, you'll be successful – this is Rachel's personal philosophy, which has served her well. She has enjoyed success in local running and swimming competitions, and the St. Anthony's Triathlon.

