



# MILESTONES

*Health & Fitness*

# Our Approach

We structure our business on the scientific principles that govern our industry in order to deliver performance based results. The Ideology is to focus on performance based measures and metrics of health and fitness, applied to individuals to positively affect and improve physical health and well-being.

We are not simply focused on the superficial aspects of body image. Instead; we will take a more holistic view of overall physical performance combined with proper nutrition to deliver long lasting changes. Train like an athlete and the rest will take care of itself.



**Golf  
World**  
Stansted

# Our Team



Strength and Conditioning **MSc**  
Sports Science **BSc**  
Personal Trainer **Level 3**  
Gym Instructor **Level 2**

## Matt

My passion for the science behind performance has been the driving force for me to pursue extensive education, and a career working with sports people.

I found applying my passion and knowledge to aspiring coaches and athletes at all levels, as well as motivating people to become healthier and happier versions of themselves, has been a fulfilling endeavour.



**BSc** Midwifery  
Personal Trainer **Level 3 (in progress)**  
Gym Instructor **Level 2**  
**Post Grad Diploma Specialist Community Public Health**  
Nursing  
Soft Tissue/Sports Massage **Level 5 (in progress)**

## Laura

As a Midwife, I have witnessed not only what amazing things the human body is capable of, but also how mental strength can affect physical performance

I love to be challenged mentally and physically and there's nothing better than the feeling after completing a hard workout or beating a personal best - whatever that may look like to you.



Nutrition for Weight Management  
& Athletic Performance **Level 4**  
Personal Trainer **Level 3**  
Gym Instructor **Level 2**

## Andy

I have been training in and around gyms for over 35 years. From the spit and sawdust of the 80's, to the large modern corporate chains.

My focus is coaching strength, fitness, and mobility for men and women in their 40's, 50's, and beyond, who want to stay strong, confident, and active, and who may feel now is the time to 'use it or lose it'.



Personal Trainer **Level 3 (in progress)**  
Gym Instructor **Level 2**

**(Knows lots of interesting stuff about business and things that may not be directly relevant to training...)**

## Steve

My desire to become a trainer has been inspired by working with Matty for the last 4 years which has been transformational in my attitude and approach to health and fitness.

My mission is to help our clients cut through the bullsh\*t of the fitness industry, from juiced up photo-shopped influencers and diet companies trying to sell quick fixes that require long term focus and work.

# Our Offering

Our offering consists of :

- Personal Private Coaching for individuals and couples with tailored programs.
- Classes: Strength and Movement based sessions that offer a bit of something for everyone.
- Bootcamps: Casual sessions for people of any fitness level to join. Applying principles of Strength and Conditioning to maximise every workout!

**Our ethos is to provide an element of exclusivity to our clients to allow people who may be put off by the large crowds and ego's that can congregate at commercial gyms.**



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