

## Arash Abdolazimi

As a nationally competitive paddler and experienced mountaineer, I specialise in high intensity, functional workouts, designed with cardiovascular and strength training to meet the needs of individuals looking for weight management and its general health benefits.

I also have experience with professionals and high performance athletes looking to get to the next level and explore their potentials.

### **Certification:**

Active IQ Level 3 Certificate in Personal Training (QCF)  
Active IQ Level 2 Certificate in Fitness Instruction (QCF)  
Qualification in Nutrition and Supplementation for Sport

**Email:** [A.Abdolazimi@tees.ac.uk](mailto:A.Abdolazimi@tees.ac.uk)

## Victoria Brown

I've been working in the fitness industry for over 15 years now, within the UK and abroad. Within this time I have accumulated a lot of experience in teaching exercise, in class and gym environments. I've designed programmes for such a wide diversity of people with specific health and fitness requirements.

I've completed training courses in: ante/post-natal exercise; core stability balls (level 1 and 2); aqua aerobics and exercising in water; boot camp exercising; kettle bells; boxing conditioning; weight management; youth strength training; personal training; and GP referral training.

### **Certification:**

NCFE (Level 2) in Exercise to Music, Circuit Training and Gym Instructing

NCFE (Level 2) in Nutrition

NCFE (Level 3) in Sports Nutrition

BTS Body Pump Instructor

**Email:** [Victoria.Brown@tees.ac.uk](mailto:Victoria.Brown@tees.ac.uk)

## Mike Campbell



Fully qualified trainer with 3 years' experience in personal training and sports therapies, with experience working with the England international senior women Volleyball team as well as local Rugby clubs. In addition I also have over 10 years' experience training in Kickboxing, Boxing and Volleyball.

My skills include weight management, muscle building and toning as well as sports specific training. Whether you are someone who wants to train for general fitness and weight management or an athlete looking to improve their physical performance in your chosen sport, I can help.

### **Certification:**

- Foundation Degree – Sports & Exercise Therapies
- Level 4 – Sports Injuries
- Level 3 – Sports Massage
- Level 3 – Personal Training
- Level 2 – Fitness Instructing
- Level 2 – Circuit Training
- Level 2 – Kettlebell Instructing

**Email:** [M.Campbell@tees.ac.uk](mailto:M.Campbell@tees.ac.uk)

## Daniel Moore



With over 5 years' experience working within sport and exercise both in the UK and overseas I am a highly competent and well-trained exercise professional. An ability to instruct and train people in a wide variety of fitness specialisms including functional training (tyre flipping, rope battling, resistance sprinting etc.), weight training and cardiovascular training enables me to be well placed to help you achieve your fitness goals from fat loss to increased muscle mass.

I am able to offer fitness testing incorporated within the personal training with an abundance of prior experience including working with Premier League Academy football teams in conducting fitness tests.

### **Qualifications:**

Current 3<sup>rd</sup> year Applied Sport Science student

Level 3 Certificate in Personal Training

Level 2 Certificate in Fitness Instructing- Gym Based Exercise

Email: [Daniel.Moore@tees.ac.uk](mailto:Daniel.Moore@tees.ac.uk)

## Andrew Richardson



I have been working in the fitness industry for 4 years now and competed in sports at national and international level for 12 years. I am currently a member of the Irish National Powerlifting Team as a coach and as an athlete.

At Teesside University I am continuing my education with a Masters in Sports and Exercise Science to help improve my knowledge to help my clients. I specialise in sports performance, strength and conditioning, fat loss, hypertrophy and injury prevention. Through my degree I can apply various means of support to accelerate your progress through sports psychology, sports science and biomechanics. Whatever your goal I will ensure you can achieve it. I have worked with beginners, intermediate gym goers and elite level athletes. I always build the programme around you to ensure it is tailored to your targets and no one else's.

### Certifications:

BSc (Honours) First Class in Applied Sport Science (Teesside University)

Sports Nutrition Diploma (Shaw Academy)

Level 2 Certificate in Fitness Instructing and Gym Based Exercise (QCF)

Level 3 Diploma in Personal Trainer and Fitness Instructing (QCF)

International Powerlifting Coach Level 2 (IPF)

Great Britain Powerlifting Level 1 Coach (GBPF)

British Weightlifting Level 1 Coach (BWL)

Email: [A.S.Richardson@tees.ac.uk](mailto:A.S.Richardson@tees.ac.uk)



## Elaine Wong



I have gained valuable experience of working with professional athletes for the past 3 years in performing a range of physiotherapy techniques, providing healthy nutritional and lifestyle management education as well as designing and teaching personalized exercise programmes. The skills and knowledge acquired ignited a desire in me to reach out to more people to help them reach their fitness goals and enhance their quality of life to maximise their full potential.

Whatever your current level of fitness is, there is always potential for growth and improvement. Grateful is a small word to express how I feel right now about being a personal trainer and the happiness it gives me every day knowing that I have the opportunity to take you through your fitness journey whatever your desired goal is. I believe in you, but most importantly is that you believe in yourself too and that you deserve that strong, confident and healthy mind as well as body!

I am honoured to be able to share the passion and knowledge I have in my field of expertise with you as well as help inspire, motivate, support and show you the optimised way to accomplish your fitness goals.

### **Certification:**

CYQ Level 2 Certificate in Fitness Instructing- Gym-Based Exercise (QCF)  
CYQ Level 2 Certificate in Studio Instructing- Exercise to Music and Studio Cycling (QCF)  
CYQ Level 3 Certificate in Personal Training (QCF)  
Active IQ Level 3 Diploma in Exercise Referral (QCF)  
Official Licensed Certificate in Zumba B1 Training  
Certificate in Biomechanics Gait Analysis  
Certificate in Hypertension and Exercise  
Certificate in Postgraduate Professional Development in Physiotherapy  
MSc Sports Therapy  
BSc (Hons) Food, Nutrition & Health Science  
BSc (Hons) International Holistic, Beauty & Spa Therapy  
AS & A2 Psychology

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