

Dan Harris

How do you book me?

Call: **07400 344463** Email: dh84.fitness@gmail.com

Web: <https://www.harrishealthandfitness.co.uk>
or ask at reception for my details.



My Qualifications

Personal Trainer
Level 3(Practitioner)

Exercise Referral
Level 3

Gym Instructor
Level 2

Group Fitness Instructor
Level 2
Bootcamp
Circuits
Spin
Legs Bums & Tums
HIIT
Boxing

Nutritional Advisor

About me

Hi, I'm Dan, a Personal Trainer here to help you achieve your fitness goals. Having been in the fitness industry for almost 10 years and working at one of the world's most renowned bootcamps, I have gained the experience to train clients at all levels.

Together, we'll create a personalised program to suit your unique needs, whether it's weight loss, strength building, flexibility, or overall fitness

Throughout our sessions, I'll be your guide, providing support, motivation and discipline.

Let's make fitness enjoyable and rewarding with balanced workouts and sound nutrition advice.

Join me on this transformative adventure, and together, we'll exceed limits and sculpt the best version of you!

My specialties

General fitness and starting with the basics
Resistance Training
Strength Improvement & Core Stability
Pre & Post Natal training
Functional Training & Injury prevention
Body and mind transformations