



Dave Hughes is a specialist trainer and creator of activ8 fitness, he is proven to be one of the most qualified and experienced personal trainers in the Tamworth and Solihull area and has been at the forefront of the UK health and fitness industry for over 10 years.

He has a reputation for being an inspirational and passionate health and fitness trainer, he holds Certificates from some of the most prestigious personal training academies in the world and he combines his knowledge and experience of intensive physical training from boxing, martial arts, kick boxing and endurance in many events.

Dave has also studied and worked extensively in the field of corrective exercise, Strength and sports conditioning, Exercise therapy and has a premier masters. As his interests in fitness grew a gap in the market was emerging in one-one personal training and after investing time and study in Australia and the UK he gained his qualifications and decided to establish his own company Activ8 Fitness.

Dave offers an unique and individual approach which is proven to work by encouraging rather than intimidating people - and he gets results fast... with just you and Dave present the embarrassment is gone and you are given unbroken attention and supervision - so you reach the goals you are aiming for.

Dave has always been passionate about sports and fitness, for the majority of his life he has participated in fitness and been active and believes in living a healthy active lifestyle and will continue this through his life.

I feel that people just need a bit of guidance for them to reach their goals, there is so much wrong information out there and people get confused on what is good and what isn't. With my approach I believe things like food and drink in moderation! As you can see Moderation is a big word and most people will recognize some of the below?

Missing meals (i.e. breakfast)

Over eating later in the evening

Drinking too much of the wrong things (alcohol or fizzy pop)

Energy (lack of energy due to inactivity)

Restless (not enough quality sleep due to lifestyle)

Aqua (not enough water)

Takeaways (eating more than 1 x week)

David Hughes

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I ndigestion (eating too quick)

O besity (due to all the processed foods and lack of exercise)

N o (being able to say no to unhealthy meals)

Activ8 Fitness Personal Training studio is natural lit, private space dedicated solely to personal training. Equipped with all the goods (free weights, machine weights, cardio equipment, bands balls, balance boards etc) there's no membership fee or monthly fees. All you pay is Dave's hourly rate.

Whether your goal is performance, weight loss, health, injury rehab, sports specific or you just want to look hot Dave has many years of experience of helping his clients achieve their goals.

- * Train in the privacy of a dedicated personal training studio
- * Fully equipped with all the tools and toys needed for an effective and fun work out
- * Have your weight, measurements and body fat taken, as well as being issued with a food diary
- * Expert in strength sports performances, weight training, body sculpturing, corrective exercise specialist, nutrition and weight management, boxing, kickboxing padwork, circuits, running, core and stability balance trainer, lower back specialist
- * Friendly relaxed but a focused environment

Likes motivating people to reach their goals, going out for the odd meal

Dislikes Negativity - I believe every negative can be turned into a positive

Active8 fitness is an independently owned fitness studio located 1 mile form Tamworth Town Centre

If you would like some more information on Daves services please contact him on dave.hughes@activ8-fitness.com or go to www.activ8-fitness.com/contact.html or call him on 07966 638 009.

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