

PERSONAL TRAINER & NUTRITIONAL THERAPIST

# Jonny Carter

## How do you book me?

Call: **07821594635** Email:  
**info@ultimatepersonalwellbeing.co.uk**  
or ask at reception for my details.



## My Qualifications

**Personal Trainer**  
Level 3 (since 2011)

**Nutritional Therapist**  
DIP ION 2016

**BSc (Hons)**  
Sport, Health,  
Exercise & Nutrition

**PE & Science Teacher**

**Circuit Instructor**

**Spin & Kettlebell  
Instructor**

## About me

**Hello, I'm Jonny and I'm an experienced and grounded Personal Trainer and Nutritional Therapist. I very much advocate a balanced approach to exercise and nutrition, helping you achieve your goals in a way that is sustainable long-term. Yes, don't worry I don't expect you to spend half your life eating chicken and broccoli!**

**You may recognise me as I'm a regular participant of the Royal Sutton Fun Run, having won the event on multiple occasions. I've also represented England and achieved personal bests of 14:54 for 5k and 31:13 for 10k. I've also made several TV appearances for ITV reviewing both fitness and nutrition.**

**I offer both Personal Training and Nutritional Therapy packages, or a combination of both. Please see my website for more details: [www.ultimatepersonalwellbeing.co.uk](http://www.ultimatepersonalwellbeing.co.uk)**

## Personal Training – Specialising in:

- Weight Loss
- Improving Definition and Tone
- Improving General Fitness
- Improving Running Performance
- Lean Muscle Building

## Nutritional Therapy – Specialising in:

- Digestive Problems (bloating, heartburn, IBS)
- Recovering From and Preventing Burnout
- Stress Management/Improving Sleep
- Weight Management
- Menopause/Peri-menopause
- Skin Health
- Long Covid
- Sports Nutrition

**MORE PT**

I'm regulated by:  
The Chartered Institute for the Management of Sport and  
Physical Activity (CIMSPA) Member number 35366

let's do  
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