

Hannah Paul

Qualifications

- BSc (Hons) Nutrition, exercise and health
- Association for Nutrition registered associate nutritionist
- Level 3 personal trainer
- Level 2 fitness instructor
- Senior sailing instructor
- Assistant athletics coach
- First aid qualified and defibrillator trained

Areas of Specialism

- Running
- Nutrition
- Body weight training
- Lean muscle development
- Low and high impact activities
- Core development and proprioception



About Me

I have always been an active individual and relish being outside and trying new things. I am a long- distant runner and have completed three half marathons and National events but am also an avid sailor, but my main enjoyment comes from helping others! I have had 10 years of coaching experience across various skills including athletics, swimming, sailing and personal training.

I have a vested interest in health and wellbeing and studied a BSc (Hons) degree in Nutrition, Exercise and Health at Plymouth University so I have a great appreciation of how the body functions and recognise when to push someone and when to say, actually, lets ease off! I am a compassionate individual who loves helping others and I enjoy coaching people towards their goals and keeping programs varied- let me come on your journey too!