

KT Chaloner Launches Personal Training Services in Chester

/EINPresswire.com/ Eating right and getting enough exercise are becoming increasingly challenging for today's highly sedentary workforce, but for the residents of: Chester, North Wales and the Wirral, expert help is at hand.

Eating right and getting enough exercise are becoming increasingly challenging for today's highly sedentary workforce, but for the residents of: Chester, North Wales and the Wirral, expert help is at hand. A highly experienced and qualified Personal trainer has moved back to the region and is quickly delivering results for those who work with her. Meet [KT Chaloner](#) - A [personal trainer in Chester](#) with an impressive background.

KT is a registered exercise professional listed in the top 10 Personal Trainers across the country in 2012. With over 15 years experience as a professional in the health and fitness industry, KT brings global experience back to Cheshire and to her clients offering a range of varying training sessions. Whether this is one-to-one training from her dedicated [Personal Training Studio](#) in Chester or live workouts streamed directly to your I pad or I phone enabling everyone to workout with her wherever they are: home, work or in her studio.

KT has a degree in Sports Science and a host of other sport and fitness-related qualifications. Not content with that, she continues to study further in fitness and nutrition to ensure she is both a leader in her field and offering her clients the best possible opportunity to gain results. She has worked in the UK, USA and New Zealand in high profile positions managing the design and distribution of some of the world's most successful fitness programmes. To have her back in the UK and offering Personal Training to people of the Chester area is an enormous privilege.

KT offers a range of personal training sessions tailored to an individual's needs. This could be exclusive one-to-one training at the private studio, small group training thus spreading the cost or outdoor training. All exercise equipment is supplied by KT herself who designs a transformation package for individuals that is holistic in nature. Each person receives an individually tailored programme encompassing mind, fitness and nutrition to achieve their goal. Whether this is their first Triathlon or losing weight.

KT is also an ante- and post-natal exercise expert. She offers sessions tailored for pregnant women and new mums to both keep them healthy during pregnancy and get back in shape once their babies are born. The importance of health during pregnancy is well known and KT reminds us that the benefits of continuing with a well designed fitness programme during pregnancy can reduce stress, alleviate back-ache and help prepare the body and mind for labour. She welcomes babies in her gym in order for new mums to work out without having to find child-care - fitness does not come much more inclusive than that.

As well as personal training sessions, KT offers one day and weekend-long seminars packed with hints and tips relating to nutrition and exercise and includes workouts designed and led by her. These seminars can be the start of a love affair between clients and fitness, whom go on to relate some remarkable success stories. As KT also holds an MSc in Organisation Change and Development, these one-day workshops and personal training packages can be adapted to offer excellent workplace wellness programmes.

It is clear that a focus on fitness, health and nutrition is increasingly important in modern life and KT Chaloner is more than qualified to help.

KT Chaloner is a personal trainer based in Chester and serving the Wirral and North Wales, KT provides tailored training packages to suit individuals and company fitness and dietary needs.

KT Chaloner

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<http://www.ktchaloner.co.uk/>

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