

# About Me!

Lean Body Vision

Personal Training | Private Studio | Exercise Classes

## Hannah Johnson, Chief Catalyst at Lean Body Vision

I've been an avid sports seeker from before I could walk, participating in all possible physical activity opportunities that came my way! Through school I settled into a love for gymnastics and dance. I was a member Coventry Olympic Gymnastics Club for about twelve years before a back injury led me to take a coaching role with young people instead.

I loved helping others to achieve their own sporting ambitions and also got into fitness training myself. The next logical step was for me to make a career from my passion.

After my training and working at my local *Fitness First* I decided to open my own private training studio and Lean Body Vision was born on the 1<sup>st</sup> November 2009.



Hannah at the Lean Body Vision business launch

My passion for a healthy lifestyle and a dedication to helping others to learn and grow is the foundation of my business. My vision is to close the gap between the health industry and the fitness industry, separated massively by the domination of the multi billion dollar drug industry. I believe physical activity is the answer to so many health problems but it always seems to come last.

I love working as a personal trainer and I'm completely dedicated to helping each and everyone of my clients achieve their health and fitness goals and helping them to live fitter and stronger lives.

Hannah training at the European Institute of Fitness





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## Hannah's Qualifications

- Level 2 Fitness instructor
- Level 3 REPs accredited Master Personal Trainer (European Institute of Fitness)
- Certificate in Circuit training
- Specialist PT certification in; Nutrition and weight management, strength and sports conditioning, lifestyle management, functional training and core stability
- Group Cycle Exercise Instructor
- Certified Kettle bell instructor
- Level I Zumba instructor
- Zumbatomic instructor (kids program)
- Certified TRX instructor
- Authorised distributor for Nature's Sunshine Products
- Pre and post Natal exercise prescription
- Trigger point therapist (coming soon)
- Appointed Persons First Aider