



Nicole Walker

Fitness Professional/ Personal Trainer

Nicole joined us in October 2017 with a mission to help everyone get the 'exercise bug'! She is a personal trainer with a passion for combining nutrition with training for the best results. She also enjoys helping nervous beginners get started with exercise. Nicole

has qualifications in exercise on (medical) referral for those with chronic health conditions and Pilates. Prior to becoming a trainer four years ago she worked in the corporate world.

Nicole enjoys helping people get healthy and feeling good about their weight by exercising and eating in a way they are happy to continue for ever.

“There is no such thing as the perfect weight and I hate ‘one size fits all’ diets! As I love chocolate, cheese and red wine, in spite of being a type 1 diabetic, this would be hypocritical. Instead I focus on getting a client to turn knowledge about food and exercise into habits that fit into their lives. Also we are bombarded with information about diet and exercise so it helps to be able to bust some myths!”

Right from her university days of Step Aerobics, long-distance running and her current passion for strength training, Nicole has always loved training. She likes a challenge and has completed two marathons including the Denbies Wine Marathon as ‘Wonderwoman’ and various 10k races and half marathons.

When not training, Nicole volunteers with Diabetes UK Surrey Downs which provides educational talks and support to those affected by the condition.