

Welcome to No Nonsense Fitness

Hi, and welcome — I'm really glad you're here.

My name is **Natalie**, and I'm the coach behind **No Nonsense Fitness**. I created No Nonsense Fitness because I believe training should be **simple, supportive, and effective**, without pressure, extremes, or unrealistic expectations.

Whether you're brand new to the gym or looking to build on what you already do, my goal is to help you feel **stronger, more confident, and more comfortable in yourself**.

A Little Bit About Me

I started my fitness journey when I was 18. I had never been in a gym on my own, had no idea where to start, and felt completely out of my comfort zone. At the time, I knew I needed to make a change — not just for my physical health, but for my mindset and how I felt about myself.

Like many people, I struggled with confidence and with how I saw myself. I understand how it feels to be unsure about the love you have for yourself, and to wish you could feel stronger, healthier, or more comfortable when you look in the mirror. For me, training became the starting point of that change.

Over time, the gym turned from something intimidating into something empowering. I've now been training consistently for around four years, and exercise has become a tool not just for improving fitness, but for building confidence, self-belief, and feeling more like *me*.

I decided to become a personal trainer when I realised that the knowledge, confidence, and enjoyment I've gained through training is something I can share. Helping others experience that same shift — especially those who feel nervous, unsure, or disconnected from their bodies — is what truly drives my coaching.

Training and feeling good through movement can be the start of an amazing journey to feeling like *you*, no matter what that looks like. My goal is to help you take that first step, and to support you every step after that.

My Coaching Style

True to the name, my coaching is **no nonsense** — but always friendly.

That means:

- Clear guidance and structure

- Training that fits around real life
- No extremes or quick fixes
- A focus on long-term, sustainable progress

I'll meet you where you are, support you through the process, and challenge you when you're ready.

How I'll Support You

I'll help you with:

- Personalised, structured training suited to your goals
- Improving strength, fitness, and confidence
- Learning correct technique so you feel comfortable in the gym
- Building habits you can actually maintain
- Accountability, encouragement, and honest support

You don't need to be "fit" to start — that's what I'm here for.

Training Environment

Most coaching takes place **in a gym setting**, where we'll use a variety of equipment to support your progress. My aim is to help you feel confident and capable in that environment, whatever your starting point.

I also offer **online coaching**, which may include training programmes, check-ins, and ongoing support, depending on what works best for you.

Nutrition Guidance

I provide **basic nutritional advice** to support your training and overall health. This includes:

- General food guidance
- Habit-based advice
- Support with balance and consistency

I don't provide meal plans, but I *do* help you build healthier, more sustainable habits around food.

What I Ask From You

All I ask is:

- Open and honest communication
- A willingness to learn
- Patience with yourself and the process

Progress isn't always linear — and that's completely normal.

Final Thoughts

Training isn't about being perfect or doing everything right. It's about showing up, learning as you go, and building something that lasts.

I'm really looking forward to working with you and being part of your journey.

Natalie

No Nonsense Fitness 💪