

Cathy Mc Court

Northern Ireland Masters

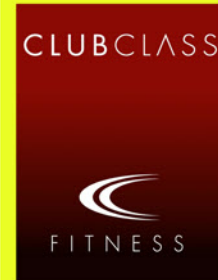
Athlete Of The Year

2011/2012

- Weight Loss & Nutrition
- Resistance Training
- Core Strength & Conditioning
- Pilates
- Athletics Coaching

I have worked in the fitness industry for 25 years and I am qualified by the National Academy Of Sports Medicine as an Advanced Personal Trainer and also as a Personal Training Lecturer. I also studied sports science and nutrition at university. I compete as an athlete at international level having been to both World and European Championships. I am currently the 5k and 10k NI Road Race champion and triple winner of the NI Masters Cross Country title. I have benefited from a strong sporting heritage with my father, boxer Jim Mc Court, Olympic and European medalist and winner of a Gold medal at the Commonwealth games, who introduced me to personal fitness and competitive sport at a very young age.

Guaranteed results 078 13 941 913



ADVANCED PERSONAL TRAINER