

JACK MELLOR

PERSONAL TRAINER



About Me

I have graduated from Edinburgh Napier with a degree in Sport & Exercise Science BSc (HONS). Through my studies and internships, I have developed a wealth of knowledge in Strength & Conditioning which has allowed me to coach athletes towards sport specific goals. Since beginning my journey as a personal trainer, I have used my knowledge to help an array of clients achieve beyond what they thought they believed to be possible. During my time at Westwoods, I have found it particularly fulfilling working with older adults to develop their physical strength and mobility for their continued health and wellbeing. My studies have given me a valuable insight into the needs of older adults, allowing me to create profound and long-lasting results for my clients.

Training in a gym environment should be an enjoyable way to reach your goals and appreciate your body's capabilities. As your personal trainer, I am completely invested in helping your progression towards your fitness goals and lifestyle changes; this extends far beyond your training sessions with me. I will be there every step of the way to support you on your journey, offering expert advice on a wide variety of topics including weight management, sustainable lifestyle changes and self-efficacy. Together, we will become a team and build a strong relationship with trust and communication at its core. I will create an environment that fuels motivation and inspires confidence in your physical and mental capabilities.

Specialist Areas

- Weight loss and management
- Muscle hypertrophy
- Strength & conditioning
- Exercise for older adults
- Developing body confidence & motivation
- Prolonged & sustainable lifestyle change

Experience

- Strength & conditioning coach at Boroughmuir Bears Rugby Club
- Sports Therapist - Vale of Leithen FC
- Personal Training older adults
- Injury rehabilitation

Get in Touch

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