

Name: Ian Grey

Company: Grey Fitness

Where is your studio? Hainault

have taken everything I have taught them on board.

Which client has had the biggest effect on you?

An elderly lady I train twice a week, who had been suffering with illness and diseases, desperately came to me to help increase her movement and improve her quality of life. This was not only a question of increasing her fitness level, but we also had to increase her confidence regarding her restricted movement. She has achieved things she didn't think was possible, she is a true inspiration to me.

In one sentence if you could inspire our readers to get fit with you, what would you tell them?

Once you have experienced the benefits of a healthy lifestyle, by way of optimal nutrition and fitness, I can assure you it will change your life.

What is your biggest achievement in your career to date?

Setting up Grey Fitness has been my biggest achievement. It has allowed me to meet so many interesting people and forge friendships along the way. I enjoy guiding clients through the health, fitness and nutrition minefield. I have also had the pleasure of training five-time world champion snooker player Ronnie O'Sullivan OBE. ♦

Ian Grey, owner of Grey Fitness in Hainault talks to WEL about making positive lifestyle changes in 2016, biggest inspirations and achieving client goals

Who are you?

I'm a level 3-advanced personal trainer specialising in health, fitness, wellbeing and nutrition.

Where do you train?

PT Studio One in Hainault.

Why do you do what you do?

I have a passion for supporting my clients through their fitness journey and helping them maintain a healthy and fit lifestyle. I also enjoy sharing the gift of a fit healthy lifestyle and helping my clients experience optimal performance in their life and the rewards it brings. Being fit and healthy is not only about physical changes but it is also about what it can do for you mental state also.

Who is your biggest inspiration?

Bruce Lee – I have always admired his physique and find it utterly breath taking.

Do you have a signature style when training your clients?

My technique is to use a balance of HIIT (high intensity interval training) circuits and free weights to burn fat and gain lean muscle at the same time. This technique focuses on dropping body fat percentage and increasing body muscle percentage. Linking this type of training technique with my nutritional advice helps achieve a lean and muscular physique.

Which client have you had the biggest impact on?

Four years ago a married couple got in touch with me, as they feared for their health, the husband had diabetes and didn't know how to change his diet or lifestyle to help control it. These two people have become dedicated clients, not only have they managed to reduce their body fat percentage, but gain muscle. They have also been able to maintain a steady healthy lifestyle and



QUICK FIRE!

What's your food heaven?

Sunday roast

What's your guiltiest pleasure?

The very occasional pint of Guinness

Gadget must-have?

Fit Bit

Favourite sports clothing brand?

Nike

Favourite fitness move?

Deadlift

GET IN TOUCH

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