

WRITTEN BY BEN COOMBER



HOW TO BE AN AWESOME PERSONAL TRAINER

A book about everything that makes you a great personal trainer. Inspire greater change in your clients, have a better work-life balance, get better results, achieve greater job satisfaction and become a more successful trainer.

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Book edited by Jane Black

This book has been inspired by the beautiful industry we work in, fitness, and the dream I have for its continual positive evolution.

Who is Ben Coomber?

Why do people always write this part of their book in the 3rd person. Did someone else write it for them?

This is my book, let's play by my rules...

My name is Ben Coomber. I'm a coach, speaker, educator, and pursuant of an AWESOME life. I'm always striving to be better in everything I do.

I first got into the fitness industry after a battle with obesity, IBS, ADHD and other classic issues: low self-esteem, lack of confidence and awareness of who I truly was.

Getting fit allowed me to build my identity and truly define the person I knew I could be. I then went on a journey to become a personal trainer, nutritionist and massage therapist and at the time of writing this book, I've developed my work and business into public speaking, teaching and coaching online. I aspire to benefit both the personal trainers of this world and the everyday folks just trying to be a little more AWESOME each day.

I'm the owner of Body Type Nutrition, an online nutrition and fitness education company and I also own and run Awesome Supplements, an ethical research-based nutrition supplement company.

I travel the world speaking, teaching and sharing my thoughts on all aspects of fitness, nutrition, diet, health, lifestyle, personal development, business and being AWESOME.

For the personal trainers of this world, this book is for you. I really hope it inspires you to create a positive impact on the fitness industry...

Other ways to find me and what I do:

Ben Coomber Radio – My #1 rated health and fitness podcast, available on iTunes and other podcasting apps and media players

All over social media – Facebook, Instagram, Snapchat, YouTube, my website - if all this social media stuff is still around by the time you read this book!

My website: www.bencoomber.com

Body Type Nutrition – For when you decide to take your nutrition education to the next level, we're here for you: www.bodytypenutrition.co.uk

Awesome Supplements – If you want to use an ethical supplement brand that's research proven and honest in everything that it does, while simplifying and innovating in the world of supplementation: www.awesome supplements.co.uk

Other books I have written to date available at www.bencoomber.com:

The Nutrition Blueprint

The Sports Nutrition Blueprint

The BTN Cookbook

A Beginners Guide To Lifting Weights

An Intermediates Guide To Lifting Weights

Nutrition For Kids

As well as many other short books, e-books and other beneficial musings online, have a hunt around and I promise you'll find lots of good stuff!

Dedication

To all the personal trainers that
choose to be **AWESOME** at what
they do

Here's to you.

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