



ASHLEY BEDFORD

Health and Fitness Coach

Running Coach / Injury Prevention Specialist

My philosophy in regards to exercise is that less is more. Identifying the needs of my client's and building a strong relationship with them is the key to achieving long lasting success.

As your coach I will use my skills and experience to identify areas of weakness and focus on developing those weaknesses into strengths to make you the strongest and fittest you can possibly be.

Whether you are a professional athlete or just getting older I can help you achieve this. I believe in attention to detail and a high level of focus. By concentrating more on your areas of need such as flexibility, mobility and activation of specific muscle groups I can help you progress and build strength/better posture faster and more efficiently than you ever thought possible.

Whatever your goals in life, you can learn how to reach them quicker with the right coach.

“When you have a coach who understands your individual needs and knows how to push you towards your goals, then anything is possible.”



**BRIGHTON BATHS
HEALTH CLUB**

fitness lifestyle wellbeing
SINCE 1881

ASHLEY BEDFORD

QUALIFICATIONS
Certificate IV in Fitness
Precision Nutrition
Certified Rehab Trainer
Boxing instructor

PROFESSIONAL ACHIEVEMENTS
Training for Warriors
VFL Field Umpire

“Train more,
Fear less”