



Our
Oriam:

GROUP EXERCISE

Mandy Stott

Fitness Manager

Qualifications

Level 2 Qualified Fitness Instructor
Level 3 Qualified Personal Trainer
Level 1 British Weightlifting Coach
Indoor Cycling Instructor

Specialist areas

Olympic Weightlifting
Strength and Conditioning
Resistance training
Body confidence
HIIT
Fat Loss



About me

Everyone has a story. Mine started with little enthusiasm for exercise.

My wakeup call came whilst looking at myself in the mirror of a changing room during a shopping trip and facing a body I didn't recognise or like. Rather than aiming for the health benefits that exercise and a healthy diet could bring, my goals were aesthetic, resulting in my being underweight, lethargic and unhappy.

It wasn't until I decided to do sessions with a personal trainer that things changed for the better.

My personal trainer not only helped me to change physically, but mentally also. What I once dreaded was now exciting. I started doing things I never thought were possible and pushing my body to limits I never thought I'd reach.

This set me on a path to achieve my own personal training qualification so that I could offer the support and knowledge to people who are in the same position I once was.

I have a background in Olympic Weightlifting, having competed for 4 years, and became extremely passionate about helping others realise their potential.

Training is not always easy, but it is always worth it.

Remember, consistency beats motivation and answering to someone always helps. If you think personal training could help you on your fitness journey, then please feel free to contact me today.

Email: M.Stott@hw.ac.uk

your
potential

healthandfitness@oriam.hw.ac.uk
oriamscotland.com
@oriamscotland
0131 451 8400