

# Eric Thomas



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## PERSONAL TRAINER REMEDIAL MASSAGE

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Being the premium club that Westcare Health and Fitness is they have made sure to have an array of services available to its clientele. One of the service is massage therapy, muscle recovery goes side by side with health and fitness. My aim is to provide a premium massage service with high quality customer service. Mixed with my personal training knowledge I have a sports medicine view of massage, your body and muscles are used for everything you do therefore making sure they are strong and looked after is important. Sports, training, working out and recovery have been apart of my life since playing sports as a young man. Personal training is a passion I found while being trained myself, I went through a huge weight loss journey where my trainer has become a mentor and a friend. The feeling of assisting people on their fitness journey is amazing, it makes me strive to be better for my clients to provide them with a better service.

*Quote: "If you want something you've never had before you've got to be willing to do something you've never done before."*