



Dr. Theo Gavrielides,
Personal Training
& Nutrition Planning Expert

CONTACTS

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SPORT QUALIFICATIONS:-

- Ofqual Regulated Level 2 Gym Instructor qualification (PT Academy)
- Ofqual Regulated Level 3 Personal Trainer qualification (PT Academy)
- Ofqual Regulated Level 3 GP Referral (PT Academy)
- Ofqual Regulated Level 4 Specialist Exercise (Nutrition/Obesity) (PT Academy)

I've always been passionate about learning how to improve my own physical and mental health. I am particularly interested in supporting clients faced with health conditions such as diabetes and blood pressure or those at their early stages of their fitness journey. Sessions can be held either in person at the RJ4All Community Gym in SE London, or online.

CONTINUED PROFESSIONAL DEVELOPMENT COURSES (CPD'S):-

- CPD Indoor cycling (Indoor Cycling Institute)
- CPD Programme Design Course (PT Academy)
- CPD Level 2 Development Course (PT Academy)
- CPD Level 3 Development Course (PT Academy)
- CPD Boxing Fundamentals Course (PT Academy)
- CPD Boxing Advanced Course (PT Academy)
- CPD Suspension Training Course (PT Academy)
- CPD Kettle bells Course (PT Academy)
- CPD Abs and Core Course (PT Academy)
- CPD Circuits Course (PT Academy)

OTHER QUALIFICATIONS

- Phd in Law (LSE)
- LLM in Human Rights Law (Notts University)
- LLB (Athens National University)



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