

Lara Maddison

Lara had a career in Television before re-training as a Personal Trainer. She is an Advanced Level 3 Instructor through YMCA and is also fully qualified in Pre & Post Natal exercise, Core Stability, Running and Exercise to Music. Internationally qualified and is a fully registered member of the Register of Exercise Professionals (REPS).

Lara is passionate about health and fitness and enjoys motivating people to attain their goals, while varying her client's workouts to keep them fun and enjoyable. As part of the Forge Team she has developed a highly skilled approach to pain rehabilitation through exercise management and is also training to be a Physiotherapist.

She is particularly interested in pre and post-natal care, nutritional advice, body conditioning and postural maintenance.