

July	1990	BTEC diploma Fashion design
May	1994	RSA certification Exercise to music
July	1994	Instructor certification in junior aerobic instructor
March	1995	Reebok slide instructor
April	1995-1998	Manager of Cloud 9 Fitness, Cheltenham, Gls UK
May	1996	Ante and Post natal exercise
September	1996	Nutrition and weight management
October	1996	Module 1 and 2 Aqua motion
November	1996	Pulse Fitness business development
December	1996-1997	Sports science Masters diploma Marins training foundation
Stairmaster scholarship at Luton university		
January	1998-2000	Manager of Stoke Newington Ladies Fitness London
September	1999	Assistant swimming coach Amateur Swimming Association
	2000-2001	Self employed Personal Trainer and Sports Massues
September	2000	Sports Massage certification IHHHT
September	2000	Diploma in Anatomy and Physiology
September	2001	Moved to Mexcio and worked as a self employed person
October	2002-2005	Pilates instructor certification Pilates Institute London/ Mexico
	2006-Present day	Co Owner of SMA Health Services
May	2006	Professional series Gladding instructors certificate
April	2019	Functional Nutrition Lab - Digestive Intensive