

Our Services

The following is a list of the services we can deliver. It must be noted that this list of activities is not exhaustive:

- Falls Prevention
- Weight Management
- Cardiac Rehabilitation
- GP Healthy Lifestyles
- Sports Specific Nutrition
- Arthritis Care
- Physiotherapy
- CPD Courses
- Exercise Classes
- Sports Sessions
- Family Exercise Classes and Sports Sessions

If you have an idea that you wish New Leaf Trainers LTD to explore then please let us know and we can build a plan around your needs. We have a large team consisting of:

- Physiotherapists
- Dietitians
- Nutritionists
- Cardiac Rehabilitation Instructors
- Cardiac Nurses
- Exercise Instructors
- Sports Coaches

For more information please contact Paul Stern Managing Director

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