



About

Elena Atkinson

Elena is 19 years old and currently completing her Level 2 and Level 3 Personal Training qualifications. Once qualified, her goal is to help individuals become the best version of themselves and achieve their personal goals!

Elena is passionate about supporting both mental and physical wellbeing fuelled by her completion of a diploma in Health and Social Care, where she developed strong communication and people skills, learning how to treat and support individuals with a holistic approach.

Although she is still continuing her studies, Elena is always happy to offer advice and answer questions whenever and wherever she can. She believes this not only supports others, but also helps her continue learning and developing her own skills to better support our members.

Elena has always had a strong interest in health and fitness, as she believes it can positively impact people's lives in many different ways and is an important part of maintaining overall wellbeing. She is always up for a friendly chat and enjoys building connections with members to help make Bodywise the safe, welcoming, and enjoyable environment it should be.

Elena has thoroughly enjoyed being part of the Bodywise team so far and hopes to continue making everyone feel welcome, whether you are a new member, visitor, member of staff, or one of our long-standing committed members.