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ABOUT ELLE

I'm Elle; I'm a Fitness Professional based in the UK, with a degree in Exercise Science, an MSC in Management with Business Innovation and over a decade of experience in Sport Development, Leisure Management, Personal Training and Group Exercise. I organically became a specialist in women's training regularly featuring in press such as London newspaper The Metro, as a speaker on various panels and local radio. I'm currently an Ambassador for Liv Cycling UK, SunGod and This Girl Can Essex. In November 2022, I was recognised in Cycling UKs 100 Women in Cycling.

24k+

SOCIAL MEDIA
REACH

13k+

AVG MONTHLY
PAGE VIEWS

65%

FEMALE
AUDIENCE

10

YEARS
BLOGGING

40

DOMAIN
AUTHORITY

WORKED WITH:

