

## **CHRIS CONSTANTINOU**

Chris is a firm believer that a fitness professional should reflect their teachings in their own lifestyle and image and 'live the life'. He therefore made it his goal to compete in a drug tested natural bodybuilding competition in 2011 with the British Natural Bodybuilding Federation (BNBF). Chris placed 2nd in his first regional championships with an invite to the British finals where he placed 2nd in the lightweight class.

Since then Chris has competed and won following titles:

- BNBF 2011 Central – Novice Lightweight – 2nd Place
- BNBF British Finals 2011 - Novice Lightweight- 2nd Place
- BNBF 2013 Central- Middleweight 1st Place
- BNBF 2013 Central – Best Male Presentation
- NPA 2013 SE Championships- Middleweight 1st Place
- BNBF 2013 British Finals- Middleweight 3rd Place

Chris is also an Optimum Nutrition Sponsored Athlete and Fitness Model

Chris is passionate about the fitness industry and committed to improving the health and wellbeing of individuals. He approaches his work with a high level of initiative, reliability, empathy and determination.

'You don't have to be great to start, but you have to start to be great'

### **Qualifications**

- Personal Trainer- NASM Level 3
- Advanced Kettlebell Training
- Viper Training
- Foundation S&C Level 1

Chris is currently studying to be a fully qualified S&C Coach, he believes the more he furthers his knowledge within the fast growing health and fitness industry the more he is able to continue helping clients progress to reach their goals to their full potential.