



[George Dobson](#)



[Georgedobsonfit](#)



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## ABOUT GEORGE

Hi. I'm George. I am a qualified Personal Trainer/Online Health and Fitness Coach who specialises in helping busy people lose fat and build muscle with time-effective systems for exercise and nutrition.

My focus is on coaching sedentary, time-restricted people to reach their improved fitness goals with maximum efficiency.

I can help you lose 1 stone in 12 weeks (minimum) of fat and gain muscle so you can look your best.

The good news is:

- You only need 3 days per week to exercise
- You DON'T have to give up your favourite foods
- You will have better energy, focus, self-esteem & health

(Check my Instagram & LinkedIn links above to see my clients do it)

Contact me for an induction, coaching or both!  
I look forward to meeting you!

George.

**Phone number- 07979196112**