

Caroline Tilley

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My Qualifications

Personal Trainer
Level 3

Gym Instructor
Level 2

Group Fitness Instructor

Indoor Cycling
Boogie Bounce
Kettle Bells
Circuit Training
Full Body Burn
LBT

Academic:

* Menopause
Movement
*Understanding
Mental
Wellbeing

About me

Hi, I'm Caroline – Your Supportive, Motivating Personal Trainer

My own fitness journey started with a personal mission to lose weight, I lost 6 stone, but along the way I discovered something even more powerful: a love for movement, strength, and self-growth. That passion became my career, and now I help women feel stronger, more confident, and in control of their bodies.

I'm not just a PT – I'm trained in supporting women through every stage of life, especially the menopause years. I understand the unique challenges it brings – from weight gain and confidence dips to changes in energy and body composition – and I'll guide you with empathy, proven strategies, and plenty of encouragement.

I can help you with:

Managing weight changes during peri/menopause

Boosting energy and mood through movement

Building strength, mobility & bone health

Restoring body confidence at any age

Creating healthy habits that actually stick

Feeling supported in a positive, judgment-free space

Whether you're brand new to exercise or looking to reignite your motivation, I'll make sure sessions are tailored, inclusive, and most importantly – enjoyable. I don't care about your size, shape, or current fitness level. What matters is moving, having fun, and releasing those feel-good endorphins.

MORE PT

I'm regulated by:

The Chartered Institute for the Management of Sport and
Physical Activity (CIMSPA) Member number 35366

let's do
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