



**Craig Barker**  
Personal Trainer



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## Profile

My overall goal is to have the most positive impact on the people that I work with; helping them to have a positive relationship with food, achieve their fitness goals, and to have an overall better quality of life.

I work closely with physiotherapists, occupational therapists and case managers in the rehabilitation of individuals with neurological conditions, ranging from strokes to acquired brain injury and Cerebral Palsy.

## Qualifications

### BA Honours in Business and Accounting

2011 - University of Central Lancashire

### HND in Business

2010 - Wigan and Leigh College

## Employment

### 2017 - Present

Director & Personal Trainer – CB Fitness

### Jan 2020 - Present

Freelance Rehab Coach - Physio Matters

### 2017 - Present

Associate Occupational Therapy Assistant & Personal Trainer - Heads Up Therapies

### 2014 - 2019

Key Account Manager - Northwood and Wepa Ltd

### 2012 - 2014

Commercial Manager - HSBC Bank, North West

### 2006 - 2012

DW Sports - Sales Floor Manager

## Training

2019 - Foundation Level - Acquired Brain Injury

2018 - Make Your Football Session More Inclusive – Football Association (FA)

2016 - Personal Training for Special Populations

2016 - Personal Training Diploma

2016 - Programming for Personal Training

2016 - Delivering Personal Training Session

2016 - Applying the Principles of Nutrition

2016 - Anatomy and Physiology for Exercise and Health

2015 - Principles of Exercise, Fitness and Health

2015 - Planning Gym Based Exercise

2015 - Know How to Support Clients

2015 - Instructing Gym-Based Exercise

2015 - Health, Safety and Welfare

2015 - Anatomy and Physiology for Exercise