LEXI UFFINDELL

Health Matters

'...love the Lord your God with all of your HEART, SOUL, MIND, and STRENGTH...'
Mark 12:28-30

I'm a personal trainer in sunny Winchester, and I feel incredibly fortunate to combine my love for fitness with my passion for people and building meaningful connections. I feel that training encompasses all of these things. Fitness and movement restore our hearts, refresh our souls, allow us mental headspace and resilience, and build our physical strength. I love working with individuals to explore all of these four pillars in my teaching, so that they might go out into the world and flourish.

I specialise in helping everyday people build real-world strength and confidence – whether that means lifting heavier in the gym, moving pain-free through daily life, or training around injury, life events, or specific goals. My focus is on functional strength, long-term progress, and creating personalised, sustainable training approaches that fit each client's lifestyle. I have experience working with beginners, pre/post-natal clients, those managing injuries, and individuals preparing for life and exercising events – all with the goal of making movement something that enhances every part of life.

I'm married to Tim, who runs two gospel choirs and I love being involved – helping with the catering one night and singing the other. I enjoy cooking and baking for friends and family, which pairs well with my love of CrossFit (it's all about fuelling the fun and finding balance). We share our home with our two dogs (Hebe and Tia), a tortoise (Aslan), and a leopard gecko (Jabor). In my downtime, you'll usually find me in a coffee shop with friends or hanging out with Tim – either out on a dog walk or playing two-player PS5 games (Highly recommend *Split Fiction* to any couples into gaming!).

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