

PRESTIGE AWARDS

LONDON & SOUTH EAST ENGLAND 2023/24



PERSONAL TRAINER OF THE YEAR

Lauren Drinkwater (Mum Fit Wonder)

SOUTH LONDON

Based in Wallington, Mum Fit Wonder is a personal training and fitness venture run by enthusiastic and passionate mum, Lauren Drinkwater. The level three personal trainer specialises in pre- and post-natal fitness training, offering women and mums flexible, fun and varied workouts designed to fit around their busy schedules. The workouts incorporate a number of themes and equipment, from HIIT and boxing, to resistance bands, kettle bells, and more. Lauren offers in-person and at home classes, with the flexibility to deliver sessions over Zoom when required. Alongside group classes and one-to-one sessions, Lauren's 14 and 28-day fitness and nutrition plans have proven a hit and offer daily structure.

The judges praised the flexibility of Lauren's classes, which take into account the difficulties that working or stay-at-home mums may face while trying to stay fit. Whilst in-person classes form a core part of her services, Lauren's online capabilities offer extra flexibility for clients who have a particularly busy schedule. Furthermore, members can access an on-demand library which holds nearly 300 of Lauren's pre-recorded workouts and classes. She has been able to create a community of fitness fans, who have cultivated a welcoming and non-judgmental atmosphere that makes it easy for participants of any ability to immerse themselves in it.



LAUREN SPECIALISES IN PRE- AND POST-NATAL FITNESS TRAINING, OFFERING WOMEN AND MUMS FLEXIBLE, FUN, AND VARIED WORKOUTS.



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