



# Nora Balint

## Fitness Professional

Nora joined The Royal Automobile Club at Pall Mall in 2009. She has always had a keen interest in health and fitness. She graduated from university in 2008 with a master's degree in Health Psychology, which she believes plays an important role in helping her clients to bring about behaviour changes to improve their health and lifestyle.

Nora works in a very holistic manner considering her clients' individual needs, lifestyle and perceived barriers to achieve their goals, which may range from weight-loss, reducing stress and fatigue, improve confidence and overall well-being.

Nora is a Level 3 Personal Trainer and has gained numerous qualifications, which include Designing Pre and Post Natal Exercise Programme Level 3, and Postural Assessment and Corrective Exercise Training. She has also completed the YMCA Pilates Floorwork and Reformer Course.

Nora is very keen on yoga and incorporated her love to travel and learning new skills, to complete her Ashtanga / Hatha and Vinyasa flow-based yoga teacher training in Rishikesh, India in 2020.

For her, yoga is a lifestyle involving physical, mental, and spiritual practices. Nora has recently started teaching yoga at Pall Mall and looks forward to welcoming members to her classes.

When Nora is not helping clients in the gym, she can be found enjoying the great outdoors, she loves spending time in her garden growing her vegetables. Nora is passionate about travelling and often travels to her home country Hungary to visit family and friends. She likes finding new places and is interested in experiencing local cuisine and cultures. She is an avid reader and continuous to develop her knowledge of yoga, fitness and nutrition.