



**COACH NAME**

Nicola Ford

**TYPE OF ACTIVITY**

General Fitness

**LOCATION**

Millom

**COACHING DETAILS**

Coach at Millom Recreation Centre

*"Follow your dream  
and never give up,  
you can make a  
difference!"*

## #PassOnYourPassion

**How long have you been coaching?**

Just over 16 years

**How did you get into coaching?**

I originally used to take part in my Dad's circuit training classes over 17 years ago, his name was Bill Pugh and he loved coaching. One night he had a stroke which knocked him off his feet, 9 days after his stroke I told him I would train to become an instructor and look after his classes until he got better, sadly he died the next day.



Teaching a metafit class at Millom Rec

*Be part of it!*



Advanced circuit training

This then gave me the passion to carry on his memory by keeping his classes going.

I continue to coach at Millom Recreation Centre, I take advanced circuit training twice a week with the younger & older generation, men and women, these classes can vary from 10 - 20 people some of them have been training with me since I started coaching all of those years ago. I also take metafit training which is a smaller class.

### What do you enjoy most about coaching?

Although I feel I am not the best at coaching I do enjoy watching people work their hardest at getting fit and improving their health, I also carry on to keep my Dad's memory alive.

### Do you have any tips that would help the next generation of female coaches?

Follow your dream and never give up, you can make a difference!



Coaching Advanced Circuits

*Be part of it!*