



**COACH NAME**

Shameem Arnold

**TYPE OF ACTIVITY**

MokyFit Dance Fitness

**LOCATION**

Whitehaven

**COACHING DETAILS**

I run my own fitness brand MokyFit, Mokykidz, MokyHIIT and MokyCORE

*"Focus on your participants to get the best out of each person that comes to you. Believe you can enrich their lives and that you can make a positive difference."*

# #PassOnYourPassion

**How long have you been coaching?**

I've been running my own business for six years

**How did you get into coaching?**

I run my own fitness brand MokyFit (dance fitness) which also incorporates Mokykidz (kids physical activity sessions) MokyHIIT (30 minute HIIT sessions) and MokyCORE (mat based sessions) and do community classes in Whitehaven, Egremont and Seascale. I started these sessions 6 years ago after recovering from M.E. I was unable to exercise for over 2 years because of my illness and following my recovery i was determined to do something which could change lives for the better. My sessions are brilliant at getting people physically



MokyFit Class

*Be part of it!*

active and fit but I also focus my fitness on mental health. My classes are a place where people can escape their worries, stresses, insecurities and just have "me time". I've had over 30,000 customers in 6 years all across the UK many of these are now coached by MokyFit instructors I have trained up. I currently have over 70 MokyFit trained



The end of a session

instructors in Scotland, Cumbria, North East, Bolton, Yorkshire, Liverpool, Warrington, Manchester, Morecambe, Lytham and other places including Cairo Egypt.

### What do you enjoy most about coaching?

My primary aim is to improve lives and make fitness accessible to everyone. Something as simple as an exercise class can so easily become so much more. A place of friendship, a place of confidence building, team building, laughter combined with lots of sweat.

I enjoy it so much because I see the difference I'm making daily. I see the health benefits, the physical transformations, the happiness of participants, the friendships forming, the confidence growing; all these things make it so enjoyable for me.

The reason my sessions are so successful is because I understand people. I've been through a lot in my life, I understand depression, anxiety, low confidence and self-esteem, this helps connect with people.

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

My advice for future coaches is to focus on your participants to get the best out of each person that comes to you. Believe you can enrich their lives and that you can make a positive difference.



In 2012 I was given the honour of carrying the Olympic Torch through Whitehaven. This hon was in recognition of my recovery from M.E. how I subsequently set up MokyFit and inspired many others to get fit. It was a very special moment for me making me realise how far I come from my illness.

they have to be able to dance to come to Mokyfit and have good co-ordination, but that's just not the case. It's about enjoying the music, moving and having a laugh. It's amazing how quickly they gain co-ordination and start losing weight and feeling good!"

I can certainly vouch for that, because I find Mokyfit completely addictive and love being able to get into smaller sized clothes.

Shameem is warm and encouraging to everyone attending her classes and spends time talking to new recruits and finding out about their life

journey. She celebrates those who have lost weight, ran their first marathon, or are simply looking good and getting fitter. There's a huge range of age and ability of people who attend classes, but the common element is how much fun this dance workout is. We all leave our with big smiles on our red sweaty faces, tired but we've just kicked a lot of fat and evil into touch and had a great laugh.

Have look at their website for more information. Or join their Facebook page: MokyFit with Shameem Vivienne Tr

**Mokyfit**  
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Carrying the Olympic Torch 2012

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