



JAMIE URQUHART

*Director and Nutrition
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 uGym Tillicoultry

QUALIFICATIONS

- Masters in Applied Economics
- Masters in Psychology
- Advanced Diploma in Nutrition & Weight Management
- RSPH Award in Nutrition
- Emergency First Aid At Work



About Me

My personal fitness history revolves heavily around rugby, most notably national age grade representation. Looking back it is surprising how little focus nutrition received, leaving me ill-equipped to manipulate my diet to best support my desired sporting outcomes. Following Uni and a few years into a career in Finance, I realised that I have a deep interest in nutrition, given its universal relevance. At that point I decided to complete an Advanced Diploma in Nutrition & Weight Management and achieved the Royal Society for Public Health award in Nutrition. Since uGym opened, I have explored individual nutrition challenges with numerous members and have guided several cohorts through my Foundations in Applied Nutrition course. This work has invoked an appreciation for how integral the brain is in the achievement of personal health goals. As a result, I decided to complete a Masters in Psychology, which I hope will compliment my nutrition education in enabling more holistic support for those seeking to overcome health and nutrition challenges.

Specialities

- Nutrition
- Psychology
- Holistic Health and Exercise Planning