

Shenda Falvey

Personal Training & Bootcamps

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'Wonder'-ful personal trainer receives award

A PERSONAL trainer has been named as the area's "wonder woman".

Shenda Falvey was named Wonder Woman of the Year for Lewisham and Greenwich in a competition to find the area's best entrepreneur.

She defeated 60 rivals to claim the title on International Women's Day.

Ms Falvey meets people for one-to-one sessions and also leads six fitness boot camps a week at West Parkside.

She said: "I have yet to replace my skipping ropes with a golden lasso or my gym kit with a sparkly corset and hot pants, but I feel honoured to have won."

For more information, visit shendafalveypersonaltraining.co.uk

The competition was run by the Wonder Women Network, a business network for women entrepreneurs.



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