

# **Jay Moir | Wheelchair-Using Fitness Blogger Defeats Depression to Become Gym Instructor**

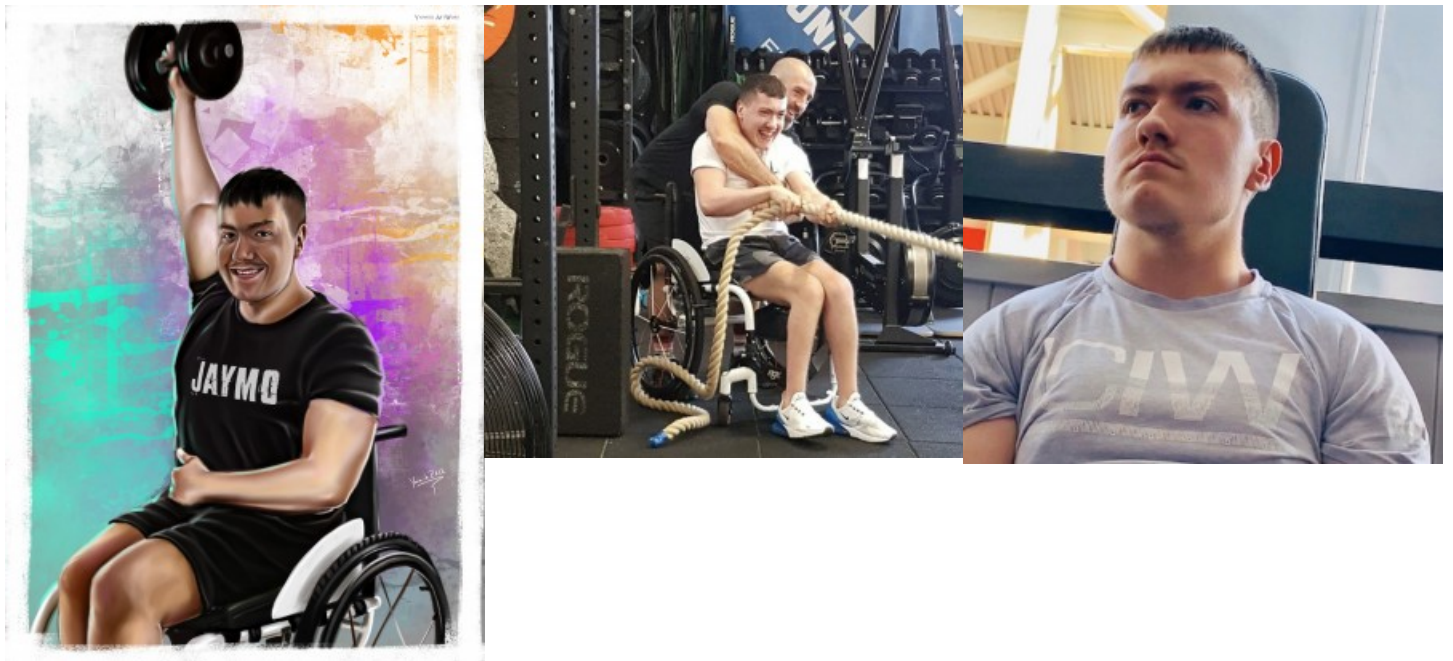
**Scottish Fitness Blogger Has Overcome Mental Illness to become a Fitness Professional**



**Westhill, Jun 4, 2020 ([Issuewire.com](http://Issuewire.com))** - Jay Moir is a Scottish fitness and wellness blogger who recently became a qualified gym instructor despite having cerebral palsy and being confined to a wheelchair.

3 years ago, Moir struggled to come to terms with being 'different' to everyone else. This led to him falling into a deep depression and having to drop out of school early.

Jay was unable to take exams due to his condition, and therefore, left with very little qualifications. Due to his depression, Moir began comfort eating, leading to him gaining a lot of weight. One day he decided enough was enough and joined the gym, attending 6 days a week and ended up losing just shy of 5 stone. Jay now has his own website and Instagram page, where he posts his workouts and shares advice. Jay hopes to help and inspire both disabled and able-bodied.



## Media Contact

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Source : Jay Moir

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