# Celebrity trainer Javeno McLean reshapes fitness with inclusive approach for disabled clients



Celebrity personal trainer Javeno McLean has taken a bold stance against the fitness industry, which he describes as "full of lies," with a particular focus on the need for inclusivity and honesty. McLean, hailing from Manchester, has carved out a niche in helping disabled individuals access fitness resources. His commitment to creating a welcoming environment is driven by his own experiences, having shifted from a promising career as a professional cricketer due to injury. This life-altering moment refocused his energies toward supporting those who often find themselves sidelined in traditional gym settings.

In a heartfelt discussion with Bryony Gordon on the Mail's "Life of Bryony" podcast, McLean reflected on the transformative power of sports and exercise. He highlighted an eye-opening encounter from his youth with a man in a wheelchair, which compelled him to pivot his career from competitive athletics to a more inclusive approach. “When I rolled him into the middle of the field and gave him a cricket bat,” he reminisced, “that was the first time in 15 years he’d felt alive.” This encounter catalysed McLean’s mission to empower those who typically feel excluded from conventional fitness narratives, an assertion he expands upon with the philosophy embodied in his book, *You Are Not Your Limits*.

Over the past 23 years, McLean has offered free training sessions to over 20 disabled clients weekly, underscoring his belief that the essence of fitness lies in care and community rather than image and commercial gain. He staunchly opposes the prevalent trend wherein fitness professionals often emphasise physical appearance at the expense of genuine human connection. Instead, he believes that creating a "safe space" allows clients to flourish, resulting in increased confidence and empowerment. This is evident in the impactful stories shared by his clients, who have experienced significant transformations—both physical and emotional—through his guidance.

McLean's J7 Health Centre serves as a beacon of hope and a model for how fitness can be reshaped. His inclusive philosophy has earned him accolades, including titles for Best Gym, as he becomes a pioneering figure for the disabled community. McLean approaches each individual as unique, tailoring his methods to meet diverse needs, whether they are battling physical limitations or mental health challenges. His resolute focus on community spirit shines through in his assertion that “normality is the most powerful gift” one can provide to those trying to find their place in a world that often marginalises them.

His clients are often buoyed by tales of triumph, finding strength in their collective experiences. “You deserve just as much happiness as anybody else,” McLean passionately declares, encouraging those who struggle to seek environments that affirm their worth. This advocacy for inclusivity confronts the emblematic snobbery frequently associated with the fitness industry, where superficial metrics often overshadow personal journeys.

Through various media appearances and a burgeoning social media presence that boasts over 642,000 followers, McLean continues to challenge conventional narratives while shining a spotlight on the human stories enfolded within the fitness journey. By elevating voices that would otherwise go unheard, he is not only redefining what it means to be healthy but also ensuring dignity and joy in the process.

Underpinning all of his work is an unwavering belief that when people feel empowered and accepted, they can truly thrive. McLean has proven that fitness extends beyond physical aesthetics; it encompasses emotional health and community connection. His approach not only empowers individuals with disabilities but also provides a roadmap for reforming an industry that often prioritises profit over people.

In a society increasingly aware of the need for inclusivity, McLean's work exemplifies a hopeful and inspiring model for the future of fitness. He illustrates that health and well-being should be accessible to all, fostering a narrative steeped in empowerment rather than exclusion. Those interested in learning more about McLean's philosophy and the transformative power of fitness can tune in to the latest episode of the "Life of Bryony," available on various podcast platforms.

### Reference Map

1. Paragraph 1: [[1]](https://www.dailymail.co.uk/femail/article-14702789/Celebrity-personal-trainer-blasts-fitness-industry-shallow-lies.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://metro.co.uk/2024/03/10/a-personal-trainer-granting-every-disabled-persons-wish-free-20350184/), [[5]](https://includedmag.com/featured/javeno-mclean-a-fitness-pioneer-for-the-disabled-community/)
2. Paragraph 2: [[1]](https://www.dailymail.co.uk/femail/article-14702789/Celebrity-personal-trainer-blasts-fitness-industry-shallow-lies.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.walesonline.co.uk/news/real-life/no-nonsense-personal-trainer-inspires-24639473)
3. Paragraph 3: [[2]](https://www.walesonline.co.uk/news/real-life/no-nonsense-personal-trainer-inspires-24639473), [[4]](https://www.insideedition.com/why-this-gym-owner-is-training-elderly-and-disabled-people-for-free-86326), [[6]](https://propermanchester.com/feature/the-personal-trainer-who-trains-disabled-and-elderly-clients-for-free-at-his-community-gym/)
4. Paragraph 4: [[1]](https://www.dailymail.co.uk/femail/article-14702789/Celebrity-personal-trainer-blasts-fitness-industry-shallow-lies.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[3]](https://metro.co.uk/2024/03/10/a-personal-trainer-granting-every-disabled-persons-wish-free-20350184/), [[7]](https://www.manchestereveningnews.co.uk/news/greater-manchester-news/hero-personal-trainer-who-man-26546114)
5. Paragraph 5: [[2]](https://www.walesonline.co.uk/news/real-life/no-nonsense-personal-trainer-inspires-24639473), [[4]](https://www.insideedition.com/why-this-gym-owner-is-training-elderly-and-disabled-people-for-free-86326), [[6]](https://propermanchester.com/feature/the-personal-trainer-who-trains-disabled-and-elderly-clients-for-free-at-his-community-gym/), [[5]](https://includedmag.com/featured/javeno-mclean-a-fitness-pioneer-for-the-disabled-community/)
6. Paragraph 6: [[3]](https://metro.co.uk/2024/03/10/a-personal-trainer-granting-every-disabled-persons-wish-free-20350184/), [[4]](https://www.insideedition.com/why-this-gym-owner-is-training-elderly-and-disabled-people-for-free-86326), [[7]](https://www.manchestereveningnews.co.uk/news/greater-manchester-news/hero-personal-trainer-who-man-26546114)
7. Paragraph 7: [[1]](https://www.dailymail.co.uk/femail/article-14702789/Celebrity-personal-trainer-blasts-fitness-industry-shallow-lies.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[5]](https://includedmag.com/featured/javeno-mclean-a-fitness-pioneer-for-the-disabled-community/), [[6]](https://propermanchester.com/feature/the-personal-trainer-who-trains-disabled-and-elderly-clients-for-free-at-his-community-gym/)
8. Paragraph 8: [[4]](https://www.insideedition.com/why-this-gym-owner-is-training-elderly-and-disabled-people-for-free-86326), [[5]](https://includedmag.com/featured/javeno-mclean-a-fitness-pioneer-for-the-disabled-community/), [[7]](https://www.manchestereveningnews.co.uk/news/greater-manchester-news/hero-personal-trainer-who-man-26546114)
9. Paragraph 9: [[1]](https://www.dailymail.co.uk/femail/article-14702789/Celebrity-personal-trainer-blasts-fitness-industry-shallow-lies.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://www.walesonline.co.uk/news/real-life/no-nonsense-personal-trainer-inspires-24639473)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/femail/article-14702789/Celebrity-personal-trainer-blasts-fitness-industry-shallow-lies.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://www.walesonline.co.uk/news/real-life/no-nonsense-personal-trainer-inspires-24639473> - This article highlights Javeno McLean, a personal trainer from Manchester, who has been offering free gym sessions to disabled individuals for over 21 years. He trains more than 20 people with disabilities each week, refusing payment to foster genuine relationships and empowerment. McLean emphasizes creating a welcoming environment for all, aiming to redefine exercise and combat the intimidation often felt in traditional gyms. His approach has inspired many, with clients sharing their transformative experiences and newfound confidence.
3. <https://metro.co.uk/2024/03/10/a-personal-trainer-granting-every-disabled-persons-wish-free-20350184/> - This piece profiles Javeno McLean, a Manchester-based personal trainer who has been providing free training sessions to disabled individuals for over 22 years. McLean's philosophy centers on treating everyone equally, focusing on bringing joy and empowerment to his clients. The article details his journey from a professional athlete to a dedicated trainer, sharing impactful stories of clients who have regained confidence and independence through his guidance. McLean's inclusive approach challenges traditional fitness industry norms.
4. <https://www.insideedition.com/why-this-gym-owner-is-training-elderly-and-disabled-people-for-free-86326> - This article features Javeno McLean, a gym owner from Manchester, who trains elderly and disabled individuals for free. McLean, a former professional cricketer, shifted his focus to helping those with disabilities after his athletic career. He trains approximately 30 disabled people weekly, emphasizing mental fortitude and resilience. The piece highlights his dedication to making a positive impact, sharing stories of clients who have experienced significant improvements in their physical and emotional well-being under his guidance.
5. <https://includedmag.com/featured/javeno-mclean-a-fitness-pioneer-for-the-disabled-community/> - This article introduces Javeno McLean, a personal trainer from Manchester, who is revolutionizing the fitness industry with his inclusive approach for the disabled community. McLean owns J7 Fitness, a health center that has won gym of the year three times. He trains individuals with disabilities, cancer, Parkinson's, and dementia, offering personalized sessions tailored to each client's needs. The piece emphasizes McLean's compassionate and motivating training style, showcasing his dedication to empowering individuals through fitness.
6. <https://propermanchester.com/feature/the-personal-trainer-who-trains-disabled-and-elderly-clients-for-free-at-his-community-gym/> - This article profiles Javeno McLean, a personal trainer from Manchester, who offers free classes to disabled and elderly individuals at his community gym. McLean has been training people for 23 years and emphasizes the importance of genuine assistance without financial motives. He aims to create a welcoming environment where everyone, regardless of ability, can enjoy the benefits of exercise and social interaction. The piece highlights McLean's commitment to redefining exercise and making it accessible to all.
7. <https://www.manchestereveningnews.co.uk/news/greater-manchester-news/hero-personal-trainer-who-man-26546114> - This article features Javeno McLean, a personal trainer from Manchester, who has been training disabled and elderly clients for free for over 21 years. McLean emphasizes the importance of treating everyone equally and has helped numerous clients regain confidence and independence. The piece shares inspiring stories of clients who have transformed their lives through McLean's guidance, highlighting his dedication to making a positive impact in the community.