

## Jay Moir | Fitness & Wellness Blogger Uses Instagram to Showcase Workouts

Jay Moir - Hopes to Encourage People To Become Active, Regardless of any Barriers



**Edmonton, Jun 4, 2020 ([IssueWire.com](http://IssueWire.com))** - Fitness & Wellness blogger Jay Moir uses his Instagram page to promote his workouts and share his journey through the fitness world as a wheelchair user.

Despite having cerebral palsy, Jay has gone on to become a gym instructor, owns his very own website and hopes to encourage others to embark on their own fitness journey.

The Scottish fitness fanatic says the gym 'saved his life' and gave him his determination back after succumbing to some health issues.

In future, Jay hopes to have helped many people 'transform' their lives, both physically and mentally, as well as personally competing in disabled strongman.



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