



David & Soon Lee

- **How long have you been training with Vital Lifestyle Coaching?**

We started training with you in July 2007. Our previous personal trainer was going back home to Adelaide so we needed a new coach!

- **Why did you start personal training?**

Soon and I operate a business together which is mostly office bound, so we needed to get some vigorous activity into our schedule. We previously did the Milford Sound Hike in NZ and we found that our previous PT had under prepared us. We wanted to be fit enough to handle such activities and also we wanted the occasional nutrition advice for more healthier eating. This is especially important for Soon who is a diabetic.



- **What is your Vital Lifestyle? i.e. what training do you do through the week?**

We attend the cardio/body blitz sessions on Monday evenings and attend the studio for two 45 minute sessions a week. Sometimes we are bit tired to front up on a Tuesday after the Monday session. However, we have found that our endurance/stamina levels have dramatically increased. Before we went to Cradle Mountain we were attending the bushwalks as well as walking with our packs on the weekend and during the week. This included the Glasgow fire trail!

- What long term changes have you made to your exercise and eating habits?

Our body shapes have changed ... We are very happy that our flab factor has diminished. We are conscious of what not to eat too. We have completed the Overland track in Tassie in April 2013 and we were well prepared for hoisting and carrying the back pack each day and the long days of hiking. As I have suffered from knee issues, Jason gave me strategies for hiking down steep slopes which has benefited me in everyday life as well.

- What are the benefits you are experiencing (physical, mental and emotional) that motivate you to train?

We look forward to training at the end of our day at the office. It is certainly not a burden for us. The schedule of exercises are varied so that we don't get bored with repetitive routines. Our concentration is sharper and we feel good within ourselves.

- Milestones and achievements?

To be able to be physically fit at our age 50 plus (plus) compared with some of my younger family members and friends. To be able to do long and demanding hikes and bike rides is a pleasure and not a burden. Completion of The Overland Track after cutting our teeth on the Wilpena Pound walks in the Flinders Ranges in S. Aust. Soon is now aiming for a hike in Nepal, but first we will do some hikes in Vietnam being a tad warmer than Tasmania's highland overland track. Now for more preparation!

