



Kellie Hinds

How long have you been training with Vital Lifestyle Coaching?

I have been training with Vital Lifestyle for many years, to be honest I have no idea how many its been? (About 7!)

Why did you start personal training?

My main reason for starting PT was weight loss! There were other reasons too. I wanting to do weights and did not feel comfortable going to a big gym and doing them myself. It is important to get assistance with correct technique. Also making the commitment to train with a PT makes it harder for you to say I'm not going to do it today! Now it's more for general wellbeing and lifestyle – to be fit and healthy – as we are all ageing (unfortunately!)



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

I train at Lifestyle 3 times a week, which is mainly resistance based. I do my own outside trainings as well and include things like running, interval sessions, RPM and training for Triathlons (so swimming and cycling!). A bit of everything and anything so I don't get bored!

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

To not diet but make your eating and exercise a lifestyle change – not some quick fix! I try to eat “clean” with little or no processed foods or sugars! Preparation and organization are really the key for me. Each weekend I sit down and prepare my week for what exercise I have time for and commit to that. On Sunday I do a big shop, prepare and cooking for the week. There are then no excuses not to eat well or say I have no time to train!

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

Over the last 12 months I have really experienced some changes with both mind and body! Physically, I have lost over 10kg in weight which I have been trying to do for the last 20 years! I would have to put a lot of this down to mindset and also lifestyle changes with my eating. Your mind is really a powerful thing and you really need to want to do something and to be able to commit to the goals you set. It is so easy to talk yourself out of doing things or saying that I will do it tomorrow. Emotionally I feel so much better ...and it makes all the hard work worth it! You do have days where you might slip up with your eating or not training, but you have to start the next day with your normal routine and positive mindset and forget about the lapse.

Milestones and achievements?

- ☑ Completing Triathlons which I never thought I would be able to – again a mindset thing that has been overcome!
- ☑ Pushing myself to do another rep or lift a heavier weight – like a competition against myself!
- ☑ Going into stores where I would normally look for XL and fitting in to a Small!! Such a good feeling!!!!!!!

