



Brett Phillips.

I initially started personal training to change my body shape, or at least that's what I thought my reason was at the time. Jason was quick to point out that this would actually be a consequence of the work that I'd be doing and not a reason per se. Eight years later (yes you read that correctly- 8 years!!) and my personal training journey, which has not been without its ups and downs has impacted on my life significantly in a myriad of ways.

As of the beginning of this year I have been committed to training between 4 and 5 times per week. This includes a combination of group classes and one on one sessions. In addition to increasing activity I have also re-engineered my food accountability. I currently feel fitter and stronger than ever before. I'm lifting the heaviest weights I ever lifted and my shrinking waistline circumference means that I'm in dire need of some new trousers!

I have always subscribed to the idea that "goals are dreams with deadlines." In 2008 I was the world champion gravity bike rider. I continue to feel inspired and focused on what I want from life and training continues to sharpen my resolve. Jason and the Vital Lifestyle trainers who I have trained with over the years have provided me with knowledge, encouragement and accountability which in turn has translated into passion and commitment on my behalf. To those at the beginning of their fitness journey I would say "habits beat intentions". That's a motto I've learnt to live by.

