



## Carol Benson

I've been training at Vital Lifestyle for almost 9 months now since March of 2013. My reason for starting personal training was to build up my general fitness. I had become very unfit and was doing very little in the way of exercise and I was keen to build my strength and stamina in order to manage exploring new holiday destinations on foot (which I did on a recent trip to London).

Since starting at Vital Lifestyle I have been committed to attending my twice weekly sessions which is quite an achievement for me and one that I'm proud of. On the days that I don't train I make sure that I walk. I aim for 70,000 steps per week. I am also a lot more mindful about my eating habits now than I used to be meaning that I consider when and how much I eat as well as what I put into my body.

The greatest benefits that I have so far gained from personal training are increased strength and flexibility. I can now move furniture easily as well as get up and down off the floor when playing with my grandson. I no longer experience lower back pain which I'd had for years thanks to a sedentary desk job all of my working life and I also sleep much more deeply.

To those who are deliberating whether or not to start an exercise program I would definitely recommend that they join Vital Lifestyle. It's so much more than just a gym as once you join you receive a weekly newsletter with recipes and other features, monthly bushwalks and weekly Pilates classes. I also love that my program is specifically designed for me. It's definitely a specialised (as opposed to one size fits all) approach.

