



Susan Weddell: Client of the Month

I have been training at Vital Lifestyle for 4 years. When I started my expectations were pretty simple; I wanted to exercise enough so that that I could stand and sit up properly. Basically my main goal was to improve my posture. Prior to starting at VL I'd done a little personal training although it was a shared session once per week. I currently train twice per week which involves Pilates on one day (which I love) and strength and cardio on the other. I also attend the Wednesday evening Pilates session.

In terms of the benefits of the personal training that I'm doing, there are many. Possibly the main one is the fact that I feel so good after a session and that's what keeps me going back. I think the fact that I am doing the best thing for my health, knowing I have better posture than before, and knowing that it has become an important part of my life, lead to other benefits, both mental and emotional.

My personal training achievements have all been gradual – a gradual learning to do more each time, but always within specific parameters. I had a very sore shoulder when I first came to VL and it took about 18 months to deal with. But with specific exercises it is now no longer the problem that it once was. About 12 months ago I needed heart surgery which meant that I didn't train at all for 6 months. On returning to training I assumed that it would take a long time to get back to where I had been but that didn't turn out to be the case.

The best part of the personal training program is the way it is absolutely tailored to my needs and my body. I always see and feel the results from week to week and I enjoy knowing why we are doing something and what comes next. My advice to someone who is considering starting an exercise program is to start slowly and you will begin to learn what it can do for you. I would definitely encourage anybody to do pilates. I don't want to be sitting in a chair all day when I'm 90!

