



## Sue Murdoch: Client of the Month

I have been training with Vital Lifestyle for 4 years. Although I have exercised consistently since my early 20's, the emphasis has always been on cardio. As I entered scary "middle age", I became aware of the importance of resistance training to help with things like functional strength and bone density. Kettle bells (KB) were my primary weapon of choice but I knew technique was important, hence the need for a personal trainer. Due to time constraints I can only manage 1 weekly session of strength training at Vital however I supplement this with 1 – 4 sessions per week on my treadmill at home.

Even if I am really busy or feeling very tired, I know is that I will **always** feel better after a training session. It lifts my spirits, gives me more energy and makes me feel that I have done something really worthwhile for my body. I have increased my muscle mass (which Jason assures me is the new fountain of youth!!!!) as well as toned up my body overall. I weigh more now but I think I look better!

In terms of achievements, a few years back I was very excited when I managed to do my first Turkish Get Up with the KB's. When I first saw my trainer do this, I thought "you've got to be kidding" but with his fantastic guidance, I did it on my first attempt. Deadlifts with Alex have been another achievement. We got up to about 44 kg with KB's and then he had me deadlift 60kg with a barbell – more than my body weight so I was pretty chuffed about that.

With Vital Lifestyle, I have always felt that Jason has great respect for the individual's wellbeing. He tries to enable people to improve their quality of life from a fitness/wellbeing perspective while at the same time being aware of their individual strengths and weaknesses. He also aims to ensure compatibility with client and trainer.

I have had a couple of excellent trainers at Vital. My current one, Alex, is very satisfying to work with. Despite his sadistic streak, there is always a good outcome! He is very mindful of technique with all the exercises, constantly correcting me which is great. If I am going to work with a trainer, I want to know I am doing all the exercises properly to get the best result possible. Alex is also mindful of injuries (in my case frozen shoulder issues) so that no additional harm is done. If you want to have the best quality of life for as long as possible as you age, get started on an exercise program!

