



## Client of the Month: Bill Barnett

I have been training with Vital Lifestyle for so long I can barely remember, ten years perhaps. I started personal training because having stopped my involvement with a martial art and having never, in my life, stepped inside a gym before, I thought it might be an interesting experience. And, believe me, it was. But, that's another story. I finally came to the realisation that trying to follow a gym program on your own sucks, especially when you don't have a clue about what you're doing. So, I decided the only answer was a personal trainer. Having gone through two in about four years, I finally pitched up at Vital Lifestyle with Jason (poor boy).

My weekly exercise routine consists of one Pilates group class and two individual weight sessions. Thanks to my current trainer I always seem to be doing more ('tow that barge, lift that bale' – thanks, Alex). As far as diet goes that doesn't seem to have changed all that much, you know something from each of the basic food groups and then, as Major de Coverley says in *Catch 22*: 'Gimme eat'. It ain't pretty but it seems to work.

I was never any good at sport – uncoordinated (I can still have trouble telling my left from my right) and, when I look back at that time, shockingly unconfident – so I assiduously avoided it at school and never participated. I was no poster boy for the 'healthy mind in a healthy body' philosophy. However, the older I get the more I come to see there is a rightness to that idea, (which just goes to show it's never too late to learn). What does all that mean in terms of benefit? It means I'm here, now, doing it which is as much a wonder to me as anyone else.

In terms of milestones or achievements, I don't much like the terminology. Let's just say that whenever I do think about it, I much prefer where I am to where I was. The main obstacle is doubt and I've learnt the only thing to do with that is check it at the door. What I like most about having a personal trainer is that the programs are geared to the client and, in my experience, the trainers at Vital Lifestyle have always been excellent which really matters, since they make the difference that helps enormously if you let them.

To someone who may be hesitant about starting an exercise program I would tell them that in the seventh century, Isidore of Seville recommended that we study as though we are going to live forever. At the risk of sounding pretentious I would say that each of us is a book and training a meditation on what we write there. Or, hey, just start. There's no telling where it might take you.

