



## Client of the Month: Susan Feldman

I have been training with Vital Lifestyle Coaching for approximately two years now. I initially started in order to keep fit and was wanting a program which was suitable for my age and fitness level which would lead to further increased fitness.

In terms of physical activity, I currently do a one hour Pilates class as well as a one hour strength training session per week. I also walk as much as I can outside of these hours to compliment what I'm doing in the studio. In addition to the strength training and increased walking that I've been doing over the last couple of years I've also made changes to my eating habits which essentially means that I eat smaller meals more regularly.

Some of the benefits that I've noticed since beginning a fitness program include feeling more physically flexible as well as seeing visible changes to my body shape and muscle tone. Being able to continue to pick up grandchildren, bend and be physically able to keep up with them is extremely important to me and although the sessions are often challenging I experience a sense of achievement as my physical strength increases. Because I enjoy travel, an additional benefit of being fit is that I can move my own luggage around and not have to ask for assistance especially when negotiating airport security and overhead lockers on planes.

Because the gym is so close to my house I feel as though there are no excuses for not going although some weeks it is just harder than others to get moving and motivated. What I like best about having a personal trainer is being treated with respect for what I can do and being pushed to do more each time. Once started the trainer sees to it that I don't give up and they work within reasonable expectations and demands to ensure that goals are reached. To those thinking of starting a fitness program I would say that it's hard in the beginning but you can be confident that an experienced trainer will assess your capabilities and continually tailor the program to suit your needs and hopefully increase your fitness levels.

