



## Client of the Month: Pauline Grayden

It's been over 18 months now since I picked up the phone and rang Jason. For several years before this Anthony my husband and I would walk past VL on our way to the market often remarking to each other "I wonder what goes on in there?!" We enjoyed reading the quotes on the board sometimes even crossing the road on purpose to gain a little inspiration.

After numerous calf injuries with the last leaving me scared to exercise I picked up the phone. I knew I needed professional help in a supported, supervised environment and whilst my expectations were jaded from past experience, I took the plunge hoping for the best. From the outset VL dispelled my anxiety. Not only is pessimism a thing of the past, I now look forward to training and have an enthusiasm for exercise I thought long gone. I consider that phone call to Jason to be a pivotal moment.

I started with one PT session per week with the little voice in my head whispering what good will that do? Six months later I was 18 kg lighter, twelve months later 24 kg lost in total. I had unearthed muscles that thought they were redundant and were happily vegetating away. They were shocked in to life and despite putting up quite a show of resistance began limping to the party.

I was slow to take up the advantage of attending the other classes on offer but before long my confidence in myself and my calf muscles had returned and I started to want to do more. Whilst my goal to begin with had been just to get back in to safe, sustainable exercise, the weight loss was an enormous and welcome bonus. I now train with Alex once per week and positively look forward to Body Blitz, Flexibility and Pilates. All the classes complement the training I do and it's lovely to share time with likeminded people all pursuing personal goals.

The weeks seem to fly by and I am constantly reminded of how lucky we are to be able to exercise both mentally and physically. The mind body connection is never more evident for me as when I am training and proves to be a new challenge. The insightful Alex knew this probably before I did and is always helping me to get past this. He is an inspiration as a trainer with a wealth of knowledge and wisdom that belie his tender years. I love that he is so willing to share this knowledge always with a good helping of humor.

I would encourage anyone to invest in their future health and wellbeing by laying the foundation now and with VL all bases are covered through their holistic approach. Once again, that phone call proved to be a life changing moment and one I am immensely proud of and grateful for.