



Chris Zeiher

I've been with Vital Lifestyle for over 4 years now and exercising at the studio is a key part of my week (when I'm not travelling for work). Training and exercise is a habit that not only grounds me, but also allows me to switch off from the pressures of a "full-on" day job. I'm also very conscious of the impact of food choices, especially when I'm travelling.

Initially I started partner training with a friend. I've always enjoyed aerobic style class exercises but shied away from working with weights – I did not want to embarrass myself in a gym full of "show ponies" and I was concerned about doing the exercise properly. Additionally, I wanted to advance my fitness, de-stress from work and strive to achieve more.

I train with my coach two days a week and we're working on significant body weight training exercises. I'm on the road a lot for work and these routines and exercises are transferable, so when I'm travelling there's no excuse. Additionally I do cardio exercise a minimum of 4 times per week.

The key benefit I find from training is allowing myself to switch off and purge the day. I've established a process now where, when I train, I'm able to use this to "close" the events of the day. The largest benefit of adopting this technique is that when I get home I don't feel compelled to work into the evening, which has realigned my work-life balance. Additionally I'm not trying to go to sleep thinking of solutions to work issues. I'm a more productive worker as well as being a more balanced human.

My major obstacle in training is that I'm often travelling for work for significant amounts of time which can create inconsistency. I have worked with my trainer on lots of "on the road" programs which allow me to keep up a training routine from the confines of a hotel room. I've surprised myself by coming back from some trips better at some exercises than when I left!

Having someone there to instruct, teach and encourage is incredibly important to me. It gives me confidence in my own ability as well as assurance that I can do it on my own when I need to. Additionally, Alex has been fantastic at tailoring a program to my hectic lifestyle to help me be the best version of me.

Fear of committing to that first session is the hardest thing to overcome. But, if you can open the door to that first session, the doors that will open for you are endless. Be brave, embrace change and give something to yourself.

