



Michelle

"I have been training at Vital Lifestyle for almost 12 months. My program consists of two resistance sessions with my trainer and a Pilates class each week.

One on one training has been incredibly valuable. There are obvious benefits in terms of having a personalised exercise program and feedback to ensure safe and correct technique. But the support and encouragement Gill has provided during sessions has been amazing. She has given me confidence in my abilities by creating exercises at just the right level of challenge and has helped me see the improvements I've made over time. I've been a member of a regular gym before, and like most people stopped going within a few months. Having a trainer and regular training times has made me accountable and allowed me to develop a consistent training routine.

When I started training, I had a lower back injury. My trainers liaised with my physiotherapist to ensure exercises were safe and appropriate, and developed a program focused on building strength to prevent future injuries.

For me, overcoming the fear and making the decision to get started was the definitely the hardest part. My advice to anyone thinking about starting: just do it. In a year from now, you'll wish you started today."

