

I've been training with Simon since the beginning of March this year (08), having become very disillusioned and demotivated with training by myself in the Gym. I was conscious that my frustration and lethargy was linked to my inactivity and knew that if I didn't get some support I would give up completely. My confidence not only in my ability to exercise but also in myself at work and at home was low. I wasn't in a very good place.

Simon and I had worked together before and I knew how passionate he was about becoming a personal trainer. In our first meeting, knowing how much I could trust him I was brutally honest about how I felt and what I wanted to achieve. For me, it was all about feeling healthier and fitter, regaining my confidence and feeling energised. Simon knows me well enough to understand that success is paramount to my wellbeing and that I'm competitive and thrive on a challenge. As such, he was brutally honest in return about the level of commitment, the lifestyle changes, my part of the deal basically, and we discussed our plan of action.

I remember the first session so well, power walking round the Castle grounds in Tamworth. I recall joking that it was the first time I'd been outdoors in such a long time as I was distracted by squirrels, ducks and the other various forms of wildlife out and about at 7am in the morning. I also remember just how hard it was and how frustrated I felt at my lack of fitness. To his credit, Simon pushed me hard, but at every point he made me believe in myself and my ability to achieve what he was asking of me. I was shocked at how high my heart rate would shoot up just by walking up a slight hill and how out of breath I would get.

Over the following weeks we progressed from the Castle grounds to much steeper and more challenging terrain. The first time we walked up the hill that leads to the main training area we now work on I was exhausted and that was before I'd seen the hills we were going to train on!!! There were times when I felt I couldn't possibly achieve what was being asked of me but Simon's always there to push and support and encourage and instil the self belief needed to raise the bar in terms of my physical performance. I'm now running up those dreaded hills (a thought I would never have contemplated only 2 months ago) and we're combining cardio training with boxing, a new found passion. I recall the first time I "ran". It occurred when we were power walking up a steep hill, Simon's pace increased and I simply followed. As we reached the summit he said to me "Oh my god you were running, you did it! You were running" to which I replied "no, you were running!!!!" That session was a turning point for me, I'd broken a psychological barrier and it opened up so many doors for us in training.

Simon has tailored my programme to suit my needs, not just in terms of what will deliver results but also what I'll enjoy and what will challenge me. The challenges have not been restricted to the physical either. Much of what I've achieved has enabled me to break down psychological barriers. The sense of achievement I have felt has fuelled my self confidence enormously. The results I've achieved have been secondary, but amazing considering the short time we've been working together. If someone had told me that in two months I'd lose 6% of my body fat, a stone in weight and inches all over, I'd have laughed !!! But it's true, and with these results come increased confidence in my ability not only to push myself physically but also in myself professionally and my confidence at work.

I hold a relatively senior position within the IT division of a Soft Drinks company. I have found my self confidence at work has increased; I'm feeling more assertive and energised. My focus has sharpened, and I don't get out of bed in the morning feeling lethargic. This isn't just because I'm exercising; it's HOW I'm exercising. The programme I have is about **me** and **my** lifestyle and **my** objectives. I'm not confined to a Gym, in fact I've actually cancelled my Gym membership as I'm now training 3 times a week with Simon, pushing myself far harder than I ever did in the gym! I'm getting fresh air, support, coaching, exercise and RESULTS !!! both physically and mentally. If this is how I feel after just 8 short weeks, I can only imagine how I'll feel 12 months down the line, ANYTHING is possible!