

**Alex Robinson (pictured) is a local personal trainer ...
Here's what one of her clients had to say ...**

Andrea's Story

Well for one reason or another I was at a pretty low point and having donated countless £'s to gym membership over the years and rarely – if ever – crossing the threshold decided on a Google search for a personal trainer.

As luck would have it I found Alex. I was sceptical and apprehensive at first as to if I'd enjoy it, and secondly as to if exercise really could pick you up. The sessions were enjoyable, varied – which was important to me – and rewarding from the outset. Alex's professionalism and expertise is such that she knows how far to push – enough to make it a challenge and get maximum benefit but not mad! The equipment's the best there is and I've never met anyone who knows as many different exercises – so it doesn't get boring.

What I got though was more than just the hour sessions – it's a whole package – like gentle reminders by text to go for a walk or cycle between sessions, exercises to do at home if I wanted them and the nutritional advice was brilliant. In just over 4 months I am now over 2 stones lighter, have lost over 18 inches off various circumferences – and without dieting . I have not felt fitter, happier and healthier for as long as I can recall.



I have to say it's up there as one of the best decisions I have ever made – but I know I wouldn't have got anywhere near where I am now without Alex's continuing support and encouragement – it's made that much of a difference.

What keeps me going now? – You mean apart from paying in advance and no refunds? Only kidding! It's the challenge, the immense sense of achievement, the sense of well-being mentally and physically ... and the buzz which just keeps getting better.

If you try it and are prepared to follow the advice you'll get then I am sure you won't be disappointed.

Andrea, 42, Swanwick – September 2007



WHAT I CAN DO FOR YOU

I can create a fitness schedule to achieve your realistic goals. From running a marathon to simply losing weight and toning your body. The tailor made training program will be designed to fit around your working and personal life. The program will be interactive from both parties to ensure your full potential is achieved, but with the emphasis on enjoyment and fun. I will perform regular assessments with visible feed back to ensure we are on track to meet your goals.

**T. 01773 512 410
M.07817 337 861**



"Do you feel the need to lose weight and get into shape? Are your clothes starting to feel uncomfortably tight? I will help you to stick to your New Year's Resolution to achieve your weight loss goals."

Packages Available to Buy - a Christmas Gift with Fantastic Benefits



Alex Robinson
Personal Trainer Level 3
Nutrition Level 3
Boxercise Personal Trainer
Lifestyle & Fitness Level 3

please mention All Things Local when responding to adverts