

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

## Sue's Story

In November 2006 I underwent major back surgery and I was, for the first time in my life completely incapacitated. I was at such a low ebb that I promised myself that I would make getting fit and healthy a priority. In spring, 2007 I found Alex. Since then, I haven't looked back. I can actually say that I look forward to and enjoy my weekly sessions with Alex. For the first time in my life I'm sticking at something and have made a commitment to myself to keep going. I have to say that I've never once wanted to phone Alex up and quit. At first when I considered seeing Alex I thought of it as a luxury and only thought I'd book six sessions. I now see our sessions as an important part of my long term health plan. I know it wouldn't have worked with just anyone, I know that Alex believes in me and I feel really comfortable with her.



That is very important to me, I've never felt embarrassed with Alex about my size or how unfit I was. For the first time in my adult life I've not set a New Year's Resolution, I believe the new start came in April 2007 when I first puffed and panted on the treadmill in Alex's gym. I remember clearly what Alex told me we would achieve together and I'm excited to see how the journey will continue this year.

*Sue Jackson - Chesterfield*



### 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.

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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 achieve your weight loss goals."**



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