

What Personal Training is to me....Gerald Fluge



Oxford dictionary defines personal training as:

Personal- one own, individual, private, of the body

Training- bring to desired state or standard by instruction and standard

Personal training has allowed me to feel better; not only for a moment in my life but continuously day in and day out.

10% of life is what happens to us, 90% is decided by how we react.

What does this mean? We really have no control over 10% of what happens to us. We cannot stop the car from breaking down. The plane will be arriving late, which throws us off schedule. A driver may cut us off in traffic. We have no control over this 10%. The other 90% is different. You determine the other 90%. How?.....by your reaction. You cannot control a red light, but you can control your reaction. **My reaction to personal training has been positive; a quote from Marcy Barbaro fellow Tri a Tri member, "looking good, feeling strong."**

I would like to take a moment and reflect on what personal training has done for me: new friendships, participating in triathlon my first I may add, run 6.3 km after my specialist has told me I should no longer run, swim 500m non stop, bike 12km and not to forget lose weight and feel as a whole person again.

I wish to thank out Tri a Tri team at the BCWC for giving me the encouragement and motivation to challenge ourselves to reach our goals.

A special thank you goes to my personal trainer and our leader Amanda for her guidance and professionalism, in providing me/us the tools to successful.

When I think I do not have it in me anymore or I have forgotten how to count, Amanda gives me that extra little bit of motivation and puts me back on track on track; 1,2,3,4,5.....!

Amanda's dedication to her clientele and the BCWC is evident with the positive feedback received from other BCWC members.

Reaching a point in my life in October of 2006 where I did not care for myself I was intimidated coming to the BCWC. Participating in the various challenges has opened new doors for me, one being the use of a personal trainer. I wish not to think of what the outcome would have been without Amanda as a personal trainer, but can only think out the positive in both mind and body of what personal training has done.

I challenge you to allow yourself the opportunity to have a personal training session with Amanda, what you have to lose is nothing compared to what you have to gain.

Gerald Fluge