

# Personal TRAINING

**TOP BENEFIT**  
A personal trainer can guide you down the path to fitness by creating a specific exercise routine for you.

If you're looking to get fit but don't have the motivation to do it on your own, personal training could be for you

**W**hen you think of personal trainers, images of Madonna or Gwyneth Paltrow's toned bodies being whipped into shape spring to mind.

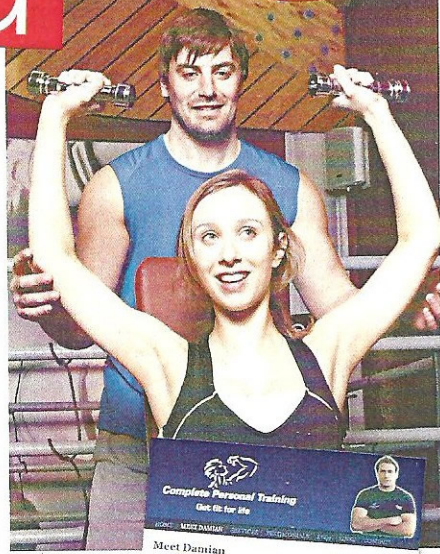
Nowadays, personal trainers have become a more accessible service and can prove successful for those who are serious about getting fit.

So what exactly does a personal fitness trainer do? They will assess your level of fitness and create a programme specifically for you that will keep you inspired and motivated. And don't feel intimidated if you're not fit enough. Personal training sessions are tailor made for you and your body.

They will educate you on cardio, strength training, toning and building muscle depending on

your requirements. Most programmes incorporate a diet and health plan as well so you're eating the right foods for your body. The key to your success is that you have to be motivated. Investing in this regime is in your best interests and you will only get out, what you put in so be fully prepared to work up a storm before you sign on the dotted line.

How often you train, depends on what kind of package you have signed up to. Generally people do between one and three weekly sessions. Having a personal trainer won't be easy, you can't just skip off the treadmill if you've had enough – their aim is to push you past your comfort level for optimum results. Having your very own GI Joe to kick you in to gear does not come cheap, so take this into consideration. ◀



## Complete Personal Training

*Eh&I's* very own fitness expert Damian Hall (BTEC) is owner and head trainer of Complete personal training based in Dalkey, Dublin. "We have a range of different equipment to suit all fitness levels and needs. There's no point being a forgotten member of the gym – we can help you get you where you want to regarding results quickly and safely and we'll provide you with fully monitored nutrition and goals specifically for you to help you get even more out of your training. Above all else we'll help you enjoy doing it." [www.completepersonaltraining.ie](http://www.completepersonaltraining.ie)

## WE LIKE

### BodySmart

According to Morgan Pierce from BodySmart, there is a personal trainer at your side every time you work out at a BodySmart studio, and the PowerPlate works out every muscle in your body, even muscles you did not know you had.



"The workouts increase in intensity as your fitness level improves, with different exercises being introduced all the time. Your body is challenged at every session, so you will never hit a standstill in terms of results."

"For as little as €139, you can get started at BodySmart with 15 workouts. If you re-sign at the end of your first course, you can do so for only €99 for another 12 sessions. If you get really motivated and work out three times a week, it will only cost you €79 to keep up the good work. And BodySmart will reward you with three free sessions every time you recommend a friend. BodySmart is located in Dublin, Naas, Galway and Cork. Call 1800 700 777 to book in for a free trial."

### Women on the Run

One member of the *eh&I* team was lucky enough to try out a few sessions with Cathy Soraghan in her Dun Laoghaire based 'Women on the Run' fitness studio. Cathy's philosophy as a health and fitness consultant is to use a holistic approach incorporating fitness, nutrition and motivation techniques, utilising her health and fitness skills and training as a life coach. Cathy's regime includes the Medicine ball abdominal workout, Pilates, Fitball and Weight Training, diet analysis and planning.



A true motivator, Cathy will have you working up a sweat in no time. The atmosphere at Women on the Run is fun and non-intimidating and Cathy talks you through every exercise. According to Cathy, two to three sessions a week are ideal, of course you have to do your homework in between if you want to succeed, ie. eat well and get moving! To find out more details, visit [www.womenontherun.ie](http://www.womenontherun.ie).

### Sarah Thornton

Sarah Thornton Personal Training is based in Galway. "Our aim is to help clients regardless of age or fitness level achieve their exercise goal. Whether that's through general fitness, weight-loss, strengthening and toning or sport specific and we'll make it fun, motivating and enjoyable at the same time. If you're bored with the same routines, this is where personal trainers can help. Clients who couldn't stand exercise actually enjoying keeping fit having trained with us!" [www.sarahthorntonpt.com](http://www.sarahthorntonpt.com)

