

5 minutes with...

Lion City *personal trainers*

It can be hard to get started on the path to fitness, and that's where a personal trainer can make a world of difference...

Suzanne Bocking and her team offer holistic personal training combined with health and nutritional guidance, empowering women to achieve balanced and sustainable lifestyles. Services provided in your home or their convenient city location include: personal training, nutrition and health consulting, therapeutic massage and energy work, skin detox and body treatments, group fitness training classes, pre and postnatal exercise care, and specialised training focused on mothers and corporate executives with restricted schedules. Tel: 9100 8714.



CLIENT: Jill Barker, 29

OCCUPATION: Graphic Designer

STATISTICS: In four months Jill has dropped two dress sizes. She's lost 10 centimetres from her thighs, eight-and-a-half centimetres from her hips, 11-and-a-half centimetres from her waist, 10 centimetres from her chest and three centimetres from each bicep – a total of 46 centimetres.

What prompted you to get fit? I was not happy about the way I looked and shopping was depressing. I'm turning 30 next year, and I want to be fitter, stronger and healthier at the age of 30 than I was at 20.

Why did "getting fit" work this time? Suzanne made me realise the reward is not only fitting into smaller jeans, but also achieving long-term health. So I made big – but necessary – lifestyle changes. It wasn't easy, particularly at the beginning, but the workouts are always challenging and I feel energised afterwards, ready to take on the day.

What regime did you follow? I started with a six-week

Body Blast training schedule. Three sessions a week kick-started my fitness, weight loss and boosted my self confidence. I also started keeping a food diary, which made me aware of the food choices – and mistakes – I was making. Now my programme varies as my fitness increases and my personal goals change. I could never run and I hated the gym, but I discovered I enjoy training with weights. I still don't like the step machine, but it's now a challenge. And I just signed up for a 10-kilometre run in December. I'd never have attempted that six months ago.

Has getting fit changed you? In a big way! I've lost weight, have increased tone and muscle, am stronger, fitter, more energetic and self confident. I really enjoy exercising and am finally in control of my diet.