

At school I was the girl who was always chosen last for team sports. At track events I was lapped by the next days class! Needless to say therefore that I showed absolutely no interest in sport or fitness. (Sound familiar anyone?) After leaving school the nearest I got to exercise was dispensing a prescription for one of Scotland's top European track athletes of the late 80's/ early 90's!

Then in my early 20's in order to combat the boredom, (and associated weight gain) of sitting at home while my husband participated in sport/exercise I started going to aerobics classes. I was hooked. Inspired by some fantastic instructors and frustrated by other banal instructors I eventually took the bull by the horns and in 1999 successfully studied to become an Exercise to Music instructor. This took the form of a six weekend course, plus home study, coinciding with starting a new full time job. This meant that not only was I learning new skills at weekends but also Monday to Friday!

Then the bombshell fell. My husband was no longer content "playing" at weight training. His competitive streak felt that all his hard work and effort should be put to good use. At the prime age of 41 he wanted to compete!! So now as well as working full time and teaching classes I was put in charge of organising his diet and choreography. For his first year of competing Davie was reasonably successful, obtaining a third places at the NABBA Scotland and Prolab Classic.

However there is so much information out there, regarding nutrition/training. Some of it good but suddenly everyone becomes an expert and you start to realise that a lot of the advice is conflicting. Hence two years later, when he decided to compete again, our quest for "the Holy Grail" led us to Cain and two even more successful seasons in 2003 and 2005. The culmination of which being a well deserved Fifth place in the European WPF championships, in Germany this year. This was after taking a First at the Scottish qualifier.

Fed up with my weight gain and plagued by minor health issues I also turned to Cain for his assistance. Changing my "diet" and the way in which I exercised revolutionised my life. My own leaner, fitter more energetic body, not to mention my more confident mind, helped to fuel my interest in nutrition and exercise and as Davie's thirst for his 1<sup>st</sup> place increased so too did my hunger for the knowledge to help him. Disillusioned, stressed with my "day" job and stimulated by Cain's passion and belief in what he does, after 17 years in the Pharmaceutical Industry I decided on a career change.

First I had to get qualified. I chose to study Cain's courses because I knew that the content was much more in depth than many of the standard industry courses and I was under no illusions that he expects his students to do so much more than tick the correct box on an exam paper. All the courses are all recognised/accredited by the Fitness Industry Association/NABBA/British Complimentary Medicine Association (BCMA). My registration with the nrpt (National Register for Personal Trainers), Fitness Scotland and the BCMA ensures that my qualifications are current and that I work to their strict codes of practice.

In October 2003 I was elated to pass the GB Fitness exam and gain an Advanced Diploma in Nutrition for Optimum Health. This involved attending an intensive 3 weekend course, plus home study and making a presentation. Coupled with a recent promotion and new responsibilities this was no easy task, although my pharmacological/physiological background helped, especially with the illness/supplementation side of things.

Then after a further 3 weekend course, in March 2004, I passed the Advanced Gym Instructor exam. A stroll in the park in comparison to the Nutrition course. My Exercise to Music instruction experience coming to my aid this time.

In October 2004, after 4 weekends of comprehensive study (including preparing a case study), having a husband in hospital, working full time and visiting nutrition clients in the evening I passed the exam and finally achieved my goal of becoming an Advanced Personal Trainer.

I have been successfully running my own Personal Training and Nutrition Advice business for the last 12 months and am now honoured to be the only GB Fitness Master Trainer in Scotland. All of this has been achieved while holding down a full time job. I can therefore identify with and relate to the busy and demanding lifestyles that my clients lead.

My clients vary from life time couch potatoes to competitive body builders. I believe that the assistance that I provide to people is over and above that provided by most personal trainers. My consultations are fully personalised to the client and include a full support service for the days between consultations. Coming from a pharmaceutical background also means that I have a wide knowledge of illness, medication and its side effects. This therefore is also taken into consideration when construction a Personal Fitness/Nutrition Plan.

Based in the Falkirk area of Central Scotland I travel up to 30 miles for consultations with clients. This can be in their own home, at a convenient gym or weather permitting, at the local park.

Using a technique known as bio-electrical impedance (Bodystat analysis) all clients have their body composition measured to assess their fat, muscle and fluid levels. Along with a full medical and exercise history this allows us to set measurable/achievable objectives to meet their personal goals. Plans involve guidance on nutrition, supplementation, exercise: types, intensity, duration and frequency. All with some motivation/nagging thrown in for good measure, of course! However, it is also about providing the individual with the knowledge to make their own choices/decisions regarding “diet” and lifestyle, between sessions.

Good nutrition and fitness are essential for a long and healthy life. The service I provide will help you achieve your personal fitness goals as the photos and testimonials below, from current clients will affirm.

## Testimonials

### Colin, 41 , husband and father of 2

Two months ago I was a heavy drinking, overweight, totally unfit slob with high blood pressure, for good measure. I had been meaning to get myself into shape for some time but never really had the time or motivation. However with two young children I found it a struggle to keep up with their demands for my attention as I was just too tired.

I approached Susan really for some advice regarding losing weight, and she told me all about the service she can provide. I really did not like the idea of cutting down on my beer and food intake and the idea of exercising quite frankly scared me! Being out of breath, sweating and hungry all the time did not appeal. However the more I thought about it, the more I realised that my kids are missing out on a lot of fun. These are the best years as a parent and I'm letting them pass whilst I sit on a sofa watching the box.

Upon being told of my high blood pressure and the amount of fat I was carrying, I was shocked into making a decision. I had to do something now, another ten or twenty years and I'll probably be dead with heart or liver failure. I signed up for the program.

Susan was excellent, she helped me put together a plan with the aim of losing a pound a week over a period of four months as well as tailor-making a personal diet and exercise plan. She explained in great detail how my metabolism worked and gave me a great education in nutrition. She introduced me to a gym and to my great relief I wasn't even out of breath at the end of the first session. My own misconception of keeping fit and healthy had hampered my decision to actually do something about it.

I am currently five weeks into the program and have already lost nearly two stones in weight. I am really enjoying the food and actually feel invigorated after a training session.

I feel absolutely fantastic! I have never felt better or fitter in my life. The level of support and encouragement I get from Susan is phenomenal and is keeping me well motivated. Any questions or advice I require can be fired off in a text for a quick response.

I can't believe in such a short space of time that my life has completely changed. The self-loathing I felt with being overweight has been replaced with a new confidence and enthusiasm for life. To think it took twenty years to get my body in a bad condition and only five weeks for Susan to get it back in shape again. I am kicking myself that I didn't do this ten years ago!

Trust me, the hardest thing about this program is MAKING THE DECISION to do it.