

I used to lift weights myself, without the benefit of help from a Personal Trainer. I am pretty disciplined, and figured that I could achieve my goals without help  
—— WRONG!

I continued lifting weights, but ..... nothing changed! I actually felt worse rather than better, because I was working hard, and nothing was happening. Those pesky pads of fat lurking at the base of each shoulder blade, persisted, and those upper arms still flapped about .....

So I decided to give Personal Training a try, and started training sessions with Murray. I creaked and groaned a lot in the beginning, but that gradually improved, as did those aching and sometimes excruciatingly painful muscles. I also noticed that the weights we were using kept increasing. Definitely, I would never have persisted with those ever-increasing weights, without the encouragement and support of Murray.

Equally as important, but less easily measured was a great sense of well-being, which continues. Did Personal Training make a difference to me? You better believe it! — Go for it!!

And, as for the pesky pads of fat and flapping arms?? — hugely diminished!! I am a work in progress!! Thank you Murray. Sarah Ann Roberts m