



The following is a list of physiological and psychological benefits, some unexpected, wrought from work with my personal trainer, Murray Middlemost, over a period of three to four months. I began with twelve sessions two times per week mainly to increase upper body strength, hoping to solve a number of chronic work related injuries. My secondary motive was to reactivate my lagging interest in fitness. I supplemented this training with three 45 – 60 minute, 8 – 10 km. runs per week. As such I began with a weight lifting program designed by Murray keeping these goals in mind. This was really the first time I had ever worked with weights despite a lifetime commitment to ‘fitness’; a physical education degree, time spent teaching general fitness and aerobics, years of running, recreational sports, etc. The use of guidance of a personal trainer for technique and safety in physical fitness programming, as well as advice for lifestyle change with regard to nutritional practices, has allowed for an overall fitness continuum to evolve for me with less risk of injury and more motivation to push my fitness to a higher level. After the first twelve sessions I re-evaluated my goals, adding decreasing body fat and increasing my energy level to my list. I increased to three visits per week; two overall weight training sessions and Murray altered my program to include one circuit. With encouragement from my trainer I added hills and sprints to my runs and increased the number of runs to include two longer routes on days off from weight training. At this point, I slowly changed my eating habits with Murray’s guidance and began to see changes in my body that had not been apparent in at least the last seven years of physical effort sans personal trainer.

#### The List

- decrease in symptoms of carpal tunnel syndrome
- decrease in chronic headaches and bouts of migraine
- decrease in muscle spasm in back and neck
- decrease in body fat to a satisfactory level (?!); overall weight reduction 10 – 12 pounds
- increase in lean body mass.
- increased overall muscular strength

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