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When I joined Phoenix Fitness 2 years ago, my 'midlife' goal was to get back in shape and shed some unnecessary pounds along the way. For the first 9 months, I dedicated my gym time to cardio training and some weight training. As a Kinesiologist, I figured I could do it on my own but as I observed the Personal Trainers with their clients I decided that this type of training would be my next step. I began training with Pam in the spring of 2003 for what I thought would be a short time but soon found was I 'hooked' and increased to twice a week in the fall. I realized there would be no quick fix and prepared for the work ahead to reach my goals.

What have I accomplished? First and foremost, I have gained an understanding of the overall commitment required for my own fitness level, specifically cardiovascular, muscle strength and endurance. This is where Pam has been instrumental. Presenting herself with a high level of professionalism and personal commitment to me, I have made huge strides. She is always ready to challenge (and praise!) me, to push my limits, ensuring that my form is meticulous. She has introduced a variety of training regimes, i.e. circuit training, high volume training, tempo training and a litany of variance in her workouts that reflects a commitment to her profession that keeps her seeking and researching what's 'new'. Pam has been able to create an exercise regime that reflects my work habits and goals - one which develops and adjusts as my fitness level changes. Not one workout has been identical. Over this time, we have developed a great rapport and a highly respected, reciprocated work ethic that leaves me excited in anticipation of what the next training session will bring. I believe there is no limit to what I can achieve and while I realize that ultimately the commitment to this lifestyle is up to me, the encouragement and guidance I receive from Pam allows me to continue setting and achieving new goals. Lastly, I have the confidence that when I choose to train on my own, I will have developed the proper exercise technique, execution and specificity needed to maintain my achievements and goals.

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