

## Carole

### Personal Training/ Half Marathon/ Duathlons



**Name:** Carole

**Profession:** School Teacher (retired )

**Current Life Position:** Working part time as a Education Councilor. Enjoying living a healthy active lifestyle

**Carole's Success with Chris:**

↑ bone density

↑sense of confidence

Completed first half marathon

Completed in a Duathlon (1st in age group) and since competed in 3 more Duathlons (also finishing first in 1 of the 3 races)

over a 10 month period :

lost 3 3/4 inches on abs

Lost 3" on hips

Lost 7lbs of body fat

↑ muscle weight by 8lbs

↓ body fat percentage by 5.5%

*"I feel much better about my body. I am toned and more physically fit and ready to try different physical challenges. I feel that my overall health has improved as well."*

- Carole

## Carole

### Personal Training/Half Marathon/Duathlons

*Exercise is not new to me. I am an active person and I take care of myself. I have recently retired and became even more health conscious.*

*My doctor diagnosed me with a bone density issue and started me on medication. I also did some research about weight training and the benefits for bone density. At the same time I wanted to be more fit, lose weight, tone up, feel better about myself and be as healthy as I can. I did a consultation with Chris and felt that he could help me.*

*I changed my eating habits and started weight lifting and enjoyed the challenge of doing something different. In 2005 I had another bone density test and my bone density was up. I knew I had the right exercise prescription over the last few years.*

*I decided to physically challenge myself even more. I set a goal to run my first half marathon, and a few months later I achieved that goal at the Casino Niagara Marathon. I thought I might also like Biking and began to regularly cycle and enjoyed the activity. I trained with Chris for my first duathlon (run, bike, run) over an eight week period with a small group. It was fun, at first I wasn't sure whether I could do it, but Chris' encouragement made it seem doable. I completed the race eight weeks later and won first in my age group.*

*The training I did with Chris is what helped me to learn what I need to do to challenge myself and achieve my goals. Training sessions with Chris are dynamic and interesting. He knows how to motivate me to do that little extra. Fitness is now a lifestyle for me.*

*I feel healthier, have more confidence and energy than I ever have. I feel much better about my body. I am toned and more physically fit and ready to try different physical challenges. I feel that my overall health has improved as well.*

