

## **Darla**

### **Duathlons/Triathlons/Boot Camp**

**Name:** Darla

**Profession:** Public Service Officer

**Current Life Position:** Working full time shift work (commuting out of town). Married with 2 children. Sometimes challenging trying to balance career, family and taking care of myself.

**Services/Programs Attended:** Duathlon(Group Training), Boot Camp  
Half Ironman(Triathlon)Training

**Darla's Success with Chris:** Completed a Duathlon, Triathlon, Half Ironman  
Lost 33lbs. Has more strength endurance and more confidence in her physical abilities.  
Feels better about herself and has an improved sense of well being. Motivated to further challenge herself.

I have been training with Chris for just over 2 years now. I first met him when I signed up for a Duathlon clinic. That has evolved into a subsequent Duathlon clinic, Boot Camp--my personal favourite, some one-on-one training sessions, triathlons, and now the *Kentucky Ironman*.

I have lost 30lbs, toned up, gained muscle, and improved my posture. However, equally important and profound are these: a new approach to stress management, the importance of rest and sleep, and discussions on nutrition that were practical and pertinent to my lifestyle and family. [Chris] invests in you personally, and takes the time to really know who you are. You are not just a "client", but you are a real person.

## **Darla** **Boot Camp**

I love being in "Boot Camp". It is refreshing fun and invigorating.

I enjoy the fast-paced class, with the ever-changing activities. In an hour session, you can up doing everything from sprints, stairs, push ups, squats, to full body movements that include weights. I really love the fact that both my body and my mind are engaged, you never knew what was coming next, and it was fun with everyone doing something different.

Chris has the ability to keep the class moving quickly, always challenging everyone regardless of their fitness level. In "Boot Camp", you get individual attention with the benefit, inspiration and fun of a group workout. I loved this class so much, I ended up taking my kids! The other important part of my success was the fact that after any class, Chris never just rushed off, he made himself available to talk. We often stayed, as a small group or individually, and discussed many topics from proper hydration to sleep. Of course, nutrition was the most popular. Once when discussing the nutritional value of one of my favourite "treats", Chris pointed out to me that the nutrition value of different foods I was eating. He said I have a choice to eat healthier. But, he didn't say I couldn't ever eat the "treats", he just said if I wanted to reach my goals I need to make better choices!