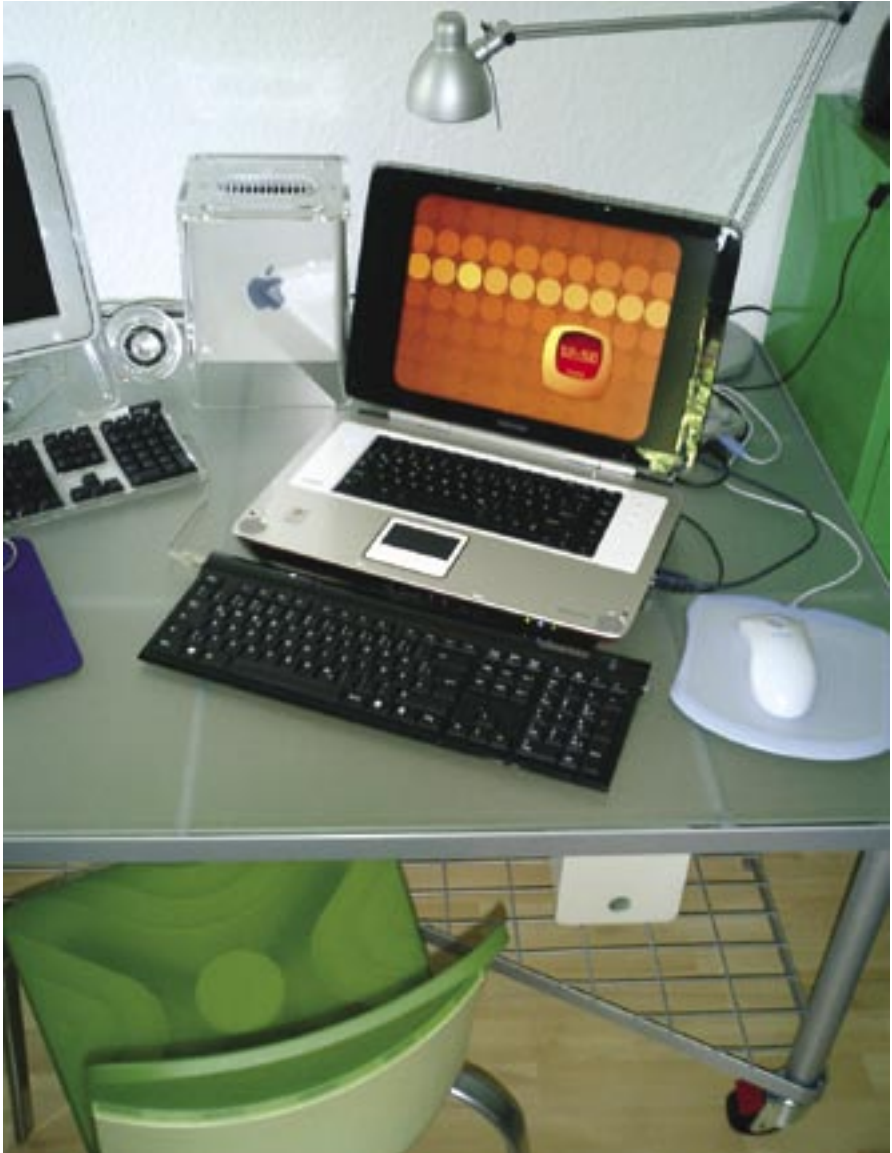


P.T online

From bulge to buff in 12 weeks,
the world of online training.



I heard about it through a friend of a friend of mine who said I had to give it a go. Usually I am extremely sceptical about anything that involves credit card details and cyberspace, but the new year was rapidly approaching and the prospect of unveiling my bikini body by the end of 04 had fallen to the charms of dinners, drinks and endless bingeing.

The same afternoon, I decided to log on and give it a try. I typed personal trainer into google and was surprised at the number of sites that came up. I narrowed down the candidates, according to my criteria (cost efficient, proven results, easily accessible, no confusing diagrams, tailor made plans). and after a thorough check of their credentials, I emailed my chosen candidate.

Within minutes of sending the email I had a response. Her name was Julie and she was my new virtual trainer. Over

the next few days Julie and I worked on creating a program that was suited to my lifestyle. I sent her through my measurements and a not-so-flattering photo. The thing I liked about the virtual process was that there was no hourly time slot, no waiting list, no excess fees.

But there was one thing I was still confused about. How would a person I hadn't even met provide me with the inspiration I needed to get back into shape?

I emailed Julie with my question: *How will you keep me motivated?*

As usual her reply was instant: *Why did you sign up for my program?*

It was a simple question, but as with many simple questions it was hard to pinpoint an answer. I wanted to get fit because I wanted to look good. And I

the eternal flab that sits below my belly button?) And the great thing was that because all correspondence was via email, I didn't feel so embarrassed by the no so brainy questions (where exactly is my maximus gluteus?)

The whole anonymity of it all really appealed to me. I've been through my fair share of PTs and there's nothing more humiliating, than having a Britney Spears or Justin Timberlake lookalike record your vital statistics. And because Julie and I didn't know each other as such, we could be completely upfront.

One week I gained a kilo (it was a mandatory social function and the cakes and cocktails were to die for) and Julie really got stuck into me. She said that I'd have to cut back on Friday night drinks and the post party brunches, if I wanted

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wanted to look good because I was sick of having to cross my legs to disguise my seemingly endless thighs.

And then it hit me: was I really so unmotivated that I had to rely on someone else to physically force me to exercise? Years of splurging on personal trainers (of the non virtual variety) had taught me that the fate of my less than perfect figure was completely in my hands. No matter how many sessions I'd book or how many classes I'd promise to go to, no personal trainer could magically transform my body for me.

With this revelation (one that I probably knew all along, but had tricked myself into believing otherwise) in mind I started day one of my fifteenth attempt to get fit. It felt good, almost liberating, to be doing something on my own without someone watching over me.

Of course Julie was always on call for me. From nutritional info (I've got three lunch meetings with clients this week – what should and shouldn't I eat?) to training advice (how can I get rid of

to do something about my permanent pot (as showcased in my before photo). If it had been any other personal trainer I would have been offended at this remark, but the silent pause between emails, enabled me to regain my senses and answer back with a simple, unpunctuated 'yes'.

Each Friday for the duration of the program I emailed Julie with my progress reports. She'd read through them thoroughly and would provide me with some tips to keep on track. She gave me advice about supplements, and changed my views on the concept of diet (it's a life plan not a quickfix solution).

By the end of the challenge I had reached my target weight, and I really have Julie to thank for that. And while she did give me permission to splurge on a celebratory dinner, by this stage I'd discovered a new type of bingeing.

Armed with my best friend and a wad of cash, I decided to go shopping. And for once in my life I did not leave empty handed. **FB**

Why you should log on.....

with Sue Gilman:
Online Personal Trainer and INBA National/International Figure Competitor

Convenience

Online Personal Training is interactive, dynamic and extremely effective. It is available where you want it, when you want it. Got a question that pops in your head whilst at work? You can email your 'virtual trainer' and receive a prompt reply. This is something live personal trainers cannot do.

No demographic disadvantages

As long as you have access to the internet, you can access online training from anywhere in the world. I have clients from the USA, New Zealand, Singapore and Canada. People in remote or rural areas are not disadvantaged – they too can have expert advice at the touch of a key on a keyboard!

Customised and personalised for you

Programs are written based on answers to an in depth client questionnaire. I take into account training and dieting history, specific goals, preferences, limitations (ie time, available equipment) – and it's made to fit into the client's lifestyle to ensure success.

Frequently Updated Programs

Training and nutrition programs are frequently updated, thus making sure the body doesn't adapt and stop making effective changes.

Continued Support and motivation

Monthly newsletters, a constantly updated web site providing inspiring before and after photos, success stories, testimonials, recipes, articles, discounted supplements and much more, all at your fingertips. Clients can make contact with a fantastic support network of likeminded people, all with the click of a mouse.

Cost Effective

This is all available at a fraction of the cost that a live 'one on one' personal trainer.