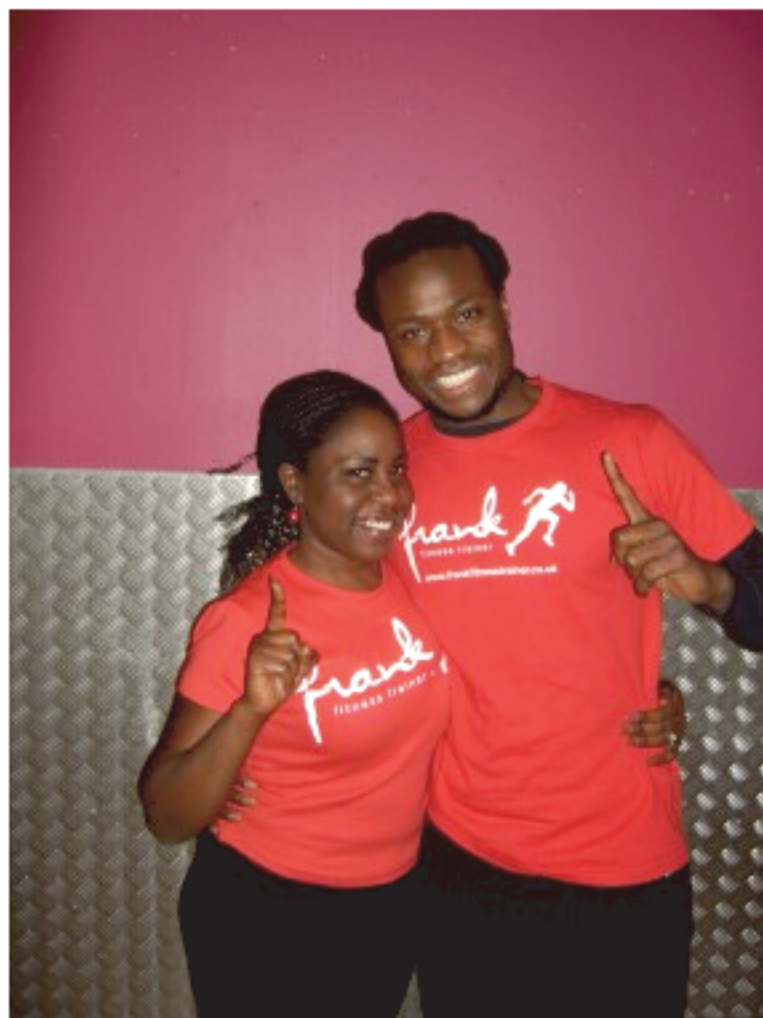


EMMA'S STORY



My name is Emma martin I joined Fitness First 2 years ago. My main aim of joining the Fitness First gym in Southampton was to lose weight. Over this period I came to the gym on and off and did not have proper motivation to working out hard enough and this meant that I wasn't achieving my goals .

I then decide to get some help and this became my best turning point . I needed proper motivation and a strict training regime which would guide, help and push me towards towards achieve my goals. This is when I started training with Frank Magma. Frank is a Personal Trainer in Southampton. I read through his profile board and realised that he has lots of experience as a Personal Trainer.

Taking this head on I knew it wasn't going to be easy but I needed that push. Frank trained me for three intense months. Frank also designed a strict Diet programme to complement my training sessions. The journey was pretty tough and some days I felt like quitting but Frank kept on motivating me to carry on. This became the best thing I had ever done.

I lost 2 stones moving from 12 stones to now 10 stones. Achieving this goal prompted me into doing more challenges some of which I had never imagined myself doing. I became more confident and motivated. In December 2010 I took part in the 5Km Santa charity run which is held down in South Sea Portsmouth. To my biggest surprise I shocked myself by doing the run in 28 minutes. This was my proudest moment. Getting that medal at the end of the race was the best feeling and knowing that 3 months earlier I couldn't run. Managing to run a 5Km race three months later was a great feeling.

I can say that I am now very proud of myself and I enjoy doing my training, this is something I never thought I would ever enjoy doing. I go to the gym 4 times a week and enjoy taking part in Classes such as Spinning which is my favourite and Kick Boxing. I would like to advise anyone who is still anticipating to kick start his or her weight loss regime to just get on with it.

Posted by: Frank Magma, Personal Trainer

Tags: personal trainer

