

The Fitness Assistant

Tips & tools to help you succeed

Introduction

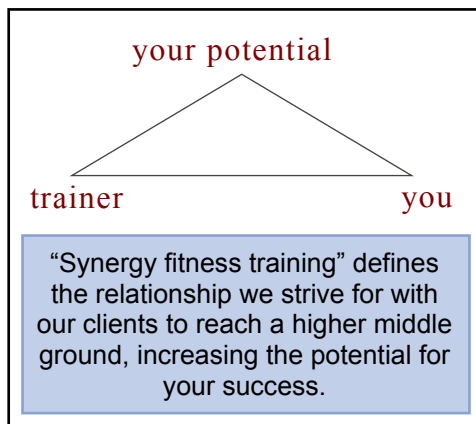
w.g. personal training: synergy + wellness

Synergy Fitness - thousands of health and fitness products are marketed to us daily, promising us dramatic results in the form of routines on DVD, recipes, A-B-C programs, exercise equipment, and more. Why so many different products? First, money, and secondly, because people are too unique for the same program to work for everyone.

Therefore, when choosing a fitness product, e.g. a food at the store, a piece of equipment, or a service such as personal training, keep in mind the idea of "synergy fitness". Webster Groves Personal Trainers do not practice an "our way or the highway" approach, nor do we design "one size fits all" programs, instead, we want to guide you towards your goals based on your life, needs, and your personality, yet in the context of our expertise and experience. We will assist and guide you according to you, yet within our approach.

We will work to meet you halfway, so both of us are accountable for seeing results. Our goal is that the desired middle ground between the trainer and you is actually at a higher plain, much like an apex of a triangle. By working together, we will reach a higher place of potential, our sum being worth much more than the parts.

One on One Wellness - The idea of being "healthy" too often means avoiding illness, avoiding disease, or staving off death. This



"away from" or "avoidance" pattern of motivation will only sustain us temporarily. For longer lasting, sustained motivation, we must exhibit a "towards" pattern of motivation, realizing we are much younger, and filled with much more potential than we may presently feel. Our "fitness cup" must be half full.

What Can We Do For You?

1. Individualize a specific plan based on your history, needs, schedule, and goals
2. Provide "two way street" accountability
3. Teach you new, safe, and effective exercises
4. Push you harder than you'd normally push yourself
5. Provide you the supportive environment we all need to succeed

Therefore, instead of aiming for more "health", which usually means "not being sick or injured", consider a "wellness" approach. The word "wellness", while overused for marketing purposes, is actually defined as *the proactive process of becoming aware of and making choices toward a healthier existence, even when one is disease free and "healthy" by today's standards.*

Set your standards higher, believe you can feel better than you do today, and understand the difference between being content versus settling for less than your true potential.

Finally, become your own health advocate, and always remember that YOU are the most important person on your personal medical team. The Webster Groves Personal Fitness Trainers would love to be a part of this team, are here to assist you towards your personal wellness goals.

Contact us today to discuss your goals and ideas for becoming a healthier you.

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www.wgpersonaltraining.org.

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