

# From fitness phobic to fanatic?

*When Debra Aspinall set herself a two month target to get fitter she knew she'd have to bring in the big guns. In her fitness diary, Debra tells how Trojan Training's Chris Lee managed to get her into shape...*

## Week One

OK so I'm not a total phobic. I have been fit before - once when I was a teenager and cycled everywhere and the second time ten years ago when I regularly attended a Jazzercise class.

But I've definitely let things slip. I am so unfit I get breathless running up stairs. I have no excuse for my condition. I just don't like exercising.

But I do know feeling fit is fantastic so I've dabbled in reaching that state in recent years - I even bought a treadmill which stands, dejected in the corner of the conservatory we pretentiously call our gym. There's also a wobble machine (the Power Plate's poor relation) I bought on ebay, a huge yellow gym ball (that I don't know how to use) and a weight-lifting bench my teenage son used for about three weeks then spurned when muscles failed to instantly appear.

Personal fitness trainer Chris is due to arrive at my house in ten minutes and I'm tempted to hide and forget the whole thing.

Too late, he's here, and he's spotted me through the window.

Well that wasn't so bad. Chris spent half an hour going through my fitness history and finding out what my goals are for these sessions (basically getting fitter and losing some winter fat). He took lots of measurements of my flabbier bits

(upper arms, muffin tops etc) and then took a look at my "gym".

He came prepared with a car full of his own equipment, but was quite impressed with what I had at home and devised a short, very manageable programme using my treadmill, weights and the exercise ball.

For one week I have to do five minutes on the treadmill (running and walking) press ups, lunges, squats and some gentle weight lifting - then do it all again - every other day. I can do that. Can't I?

## Week Two

I managed to do the routine every other day. Knowing Chris was coming to check up on me was a massive incentive to keep going.

Today the sun is shining and we did most of the new routine out in the garden. The step up to our decked patio is just the right height for doing exercise steps (15 on either leg). Chris brought along some boxing equipment so instead of going on the treadmill I did the aerobic part of my routine with a boxing workout which was fun.

Best of all Chris showed me some great neck and shoulder stretches which I can do at any time and should do quite often considering how many hours I spend on a computer.

Chris is quite a hard task master and my new routine is tiring. But



he boosts my ego by saying it's not a typical second week routine, but he can see I can handle it. He obviously sees something I don't!

## Week Three

I can tell I am definitely getting a bit fitter and my legs seem a little more toned (all those squats and steps) but I can't quite get to the end of this second routine and have asked Chris to give me another week to conquer it. Just doing the routine every other day means I only really get to do it three times between visits and it is harder to do without him standing there encouraging me to do just one more...

## Week Five

I've managed to do the routine fully every other day for a week and I actually feel it is getting too easy.

Chris has now stepped up my routine and given me heavier weights to work with and tougher movements. The weights are now heavier and I am doing



feeling of euphoria I get afterwards, and I certainly don't feel as tired and lethargic as I did before. I go on holiday in two weeks time and I am looking forward to taking part in some classes while I am away. I will certainly be packing some gym gear – and I've never done that before!

This week I did an extra session and felt very proud of myself.

#### Week Seven

I haven't lost any weight through exercise alone, but I can tell a difference in my wobbly bits. They don't wobble quite so much. I also feel more energetic. I've started walking to the shops instead of jumping in my car and I certainly don't get out of breath as easily. In fact this morning I did my steps at double speed and broke into a run on the treadmill and I have even been on a bike ride.

#### Week Eight

I had a meeting yesterday on the fourth floor of an office block and sprinted up the steps without being the slightest out of breath. What I have enjoyed most about having Chris's help was him devising routines that were varied and used the equipment I had lying around the house and then showing me the correct way to do the exercises. I probably won't continue to do a

full routine every other day, but I will break off from working on my computer and do some weight-work and stretches from time to time and I am looking for some fitness classes to join in locally. I've been on two bike rides this week and really enjoyed that. Hiring a personal trainer may be an expense most of us wouldn't consider, but Chris's advice has been invaluable and hopefully something that I'll never forget. It's certainly given me a kick start to a more active lifestyle.

#### The results

While I don't think anyone who sees me every day would notice much difference, there have been changes in my body shape and Chris was very impressed with the results. I've lost 5.5cms off my waist, my shoulders and chest have become a little broader (obviously through muscle development) gaining 3cm, and my hips have slimmed down slightly too. Most impressive though was an overall 2.1% drop in body fat. It's quite an incentive to keep at it!

**For a consultation with Chris Lee of Trojan Training call 01628 673904 or 07808 330139 or email [chris@trojantraining.co.uk](mailto:chris@trojantraining.co.uk). [www.trojantraining.co.uk](http://www.trojantraining.co.uk)**



more repetitions. Our workout this morning left me in a sweaty, exhausted state, but I actually surprised myself with what I could do.

Chris has shown me how to make some of the previous routine more difficult which, hopefully, will mean better results. Sometimes it's just the way you stand or lean that makes all the difference. I know I would never have worked out these exercises – or done them properly – without his guidance. My arms are starting to feel stronger and more toned and my legs don't seem as flabby. Five minutes gradient brisk walking on the treadmill is now a piece of cake and I actually feel like breaking into a run. Could I be getting fit at last?

#### Week Six

I can't honestly say I am enjoying my gym sessions, but I do enjoy the