

## Fitness for everyone with Orion Personal Training - Pt II

The best way to write about something is to experience it first hand. So, following on from a meeting with local Personal Trainer Ben Adkin of Orion Personal Training, we agreed that he would put me through a series of sessions so I could write about my own experiences of his training techniques and abilities and be better able to tell you all about it.



Okay, so I'm not in bad shape for a woman fast approaching her 40s

but the closer I'm getting to that age, the more I know I need to be doing more to stay fit and remain fit at 40! Ben's clients range from people like myself who are already fairly fit to those wishing to lose weight or are recovering from injuries and looking to start exercising again without damaging themselves.

Ben predominantly trains people in their own homes and space is not an issue for training. He says he could give someone a great workout in a space as small as a phone box, just as well as my back room isn't very big at all. Of course by going to people's houses to train them, his clients don't have to worry about organising child care when they have their personal training sessions as he has a number of clients who are new mums wanting to get back into shape after giving birth.

You may recall in the previous issue that I was completing two circuits of exercise during

each session with Ben using different combinations of exercises each time. Well, now I have progressed to completing three circuits within each hour session as my fitness level is improving so much so, that I can include more exercises within each workout. The weights Ben has been using for me have also increased so that by the end of my session I can really feel that I had been worked to the max.

During my sessions this time, I was very fortunate that the weather had improved enough for us to be able to train outdoors.

Ben had so far been giving me a complete mix of indoor exercises each time, so simple new ones like sprinting up and down the garden did make a nice change, and being able to feel the fresh air as I exercised was certainly welcome during the intense workouts. The cats still continued to do their best to trip me up and get in the way but at least outside I had more space to run around them!

Equipped with an exercise ball, kettle bell, boxing gloves and pads, my first outdoor session was a joy (until I had to do press-ups on the exercise ball - not the most flattering position to have a picture taken but you get the idea of what I've been put through).

Ben continued to push me during the next few sessions and my muscle tone has been building up fantastically. As much as possible I have been trying to have two sessions per week but this hasn't always practical with work so it is great to see that even with a

slightly irregular exercise regime, the effects of all my hard work during each session is paying off.

I won't deny that following to the nutritional plan religiously has been the most difficult element for me. It's not because meal suggestions are complicated, I'm just rather hopeless when it comes to actually doing any food shopping as I simply don't plan in advance and a little bit of planning is all that is really required. But even so, by having just a few of the set meals each week has made a noticeable difference in my physique combined with the intense exercise..

Ben was overjoyed when I told them how happy I am with the results so far and it is a huge breakthrough for me. At the start of the programme my main goal was to lose the weight I put on when I gave up smoking last year but this changed to focussing on my muscle tone instead as I realised this was far more important.

Throughout all my sessions with Ben I have been wondering if his stopwatch actually works properly (and apparently I'm not the first to have asked the question). When he tells me I have 30 seconds left of a particular exercise if often feels like I'm going for an extra minute. But I shouldn't be annoyed even if that is the case (Ben) as it simply



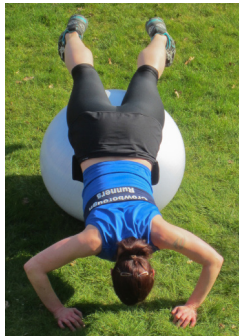
means I'm working harder at that particular exercise and that's no bad thing at all.

So, I've reached number eight out of a series of 10 sessions, Ben has helped me change my attitude as to what is important for me with regards to being 'fit' and I'm not measuring this against my weight.

I can honestly say I'm really looking forward to the final two sessions I have and seeing what we can achieve with those. Of course with better weather I know that we'll have some great outdoor sessions as well.

So, no matter what your level of fitness, Ben can tailor make a fitness and nutrition programme that is suitable to help you achieve your goals.

You can contact Ben on **07810 514 139**; or find his page on facebook at **Ben Personal Trainer** for tips on fitness, nutrition and motivation.



# ORION

## PERSONAL TRAINING

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