

Personal Training...

A Success Story

Nadine Stavale

I came to Total Woman a couple of years ago, knowing I was overweight and out of shape. In addition, I had some physical limitations due to severe scoliosis. When I was twelve years old, I had surgery to fuse the vertebrae in my spine (L1-L4 and C1-C2), resulting in poor posture, a pinched nerve and limited flexibility.

I wanted to lose weight and get in shape, as well as work on my posture and flexibility. I started working out on my own, but discovered I needed more guidance to do things correctly. I started working with a personal trainer for strength training and started watching what I was eating. Gradually, I began to see results. I dropped some weight, I got stronger, and I improved my endurance.



Nadine, before training with Amy

Eventually, I also added Pilates training to my workouts, which not only helped my posture, but also helped to correct some muscular imbalances. I have found that doing two hours of Pilates training and two hours of strength training, along with walking or running 20 miles per week is the right combination for me. I have also continued to improve my nutrition. I'm now in the best shape of my life. I have lost 30 pounds, 9% body fat, and 30 inches! I know I could not have done this without the guidance and encouragement from my trainer, Amy, who has pushed me, and continues to push me, beyond limits I had never reached before.

Nadine Stavale, Glendale Club

*Congratulations
Nadine!
Keep up the great work!*



Nadine & her trainer, Amy