

Personal Training...

A Success Story

Sarah Anderson



I joined Total Woman about a year and a half ago looking to get back into shape. I had just graduated from college and had shopped around for gyms to join before deciding on Total Woman. I set up a routine for myself and worked out fairly diligently. I also changed my eating habits, focusing on eating healthy rather than being in the mindset of being on a diet. After about a year of working out on my own, I had hit a plateau. I wanted to add something to my routine which would kick things up a notch, so to speak. I noticed that there was a special being offered on sessions with a personal trainer and knew that this would be just the thing I needed. Elaine and I discussed what I was looking for in a personal trainer and I indicated that I wanted someone who would challenge me and push me to work harder. I was matched up with Nune, who we figured would be a perfect fit.

Nune and I have been working out together for about 9 months now and it has been nothing but a positive thing. At this point, not only is she my personal trainer, but she has also become a good friend. It has been amazing seeing the changes my body has gone through and the progress I've made. Working out has now become part of my lifestyle and no longer something I see as a task. I have more energy and feel so much better about myself. I have worked hard to get where I am and am proud of myself for that, but Nune has played a huge role in my success. The accountability of having an appointment with her has kept me focused. There have been so many days where the last thing I wanted to do is work out, but having a scheduled session with Nune has kept me in check. If you're looking to take your workout to the next level and boost your self confidence, I would highly recommend signing up with one of the personal trainers. It has had such a positive impact on my life.



Sarah & her trainer, Nune

Congratulations Sarah!
Keep up the great work!