

The value of a Personal Trainer

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Age: 48

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Having a personal trainer has been very important to the success of my fitness routine. As someone who never considered physical activity important, I not only had absolutely no idea how to use any of the gym equipment, I had no idea how important it is to work on a routine, gradually increasing its intensity and adding new levels of difficulty as time goes on. This would have proven daunting for me had I not had Dora to develop my program of fitness. She not only ensures that I am challenging myself to do a proper routine, she is a terrific motivator. I would simply have given up, or not pushed to new levels of weights or more repetitions on the various apparatus, had it not been for her. Dora also ensures that I do not misuse the equipment so that I do not get injured. She also ensures that I do nothing in my routine that would specifically trigger a migraine, a condition I live with on a daily basis. I could not recommend more highly the use of the services of a personal trainer—she has made all the difference in the world to me.