

Tough Cookie Inc.

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Kevin
Phoenix Fitness
1685 Main Street West
Hamilton, Ontario

So what is good about Kevin?

1. He pushes me much harder than I would work by myself, this is really important to me. Give me half a chance I would jump on the stairmaster with a magazine for an hour.
2. He works muscles, which I prefer to "run out of time", for: abs for example.
3. I really like the way he keeps the pace and fat burning value of the workout up by mixing in cardio with the weights.
4. He works smaller muscles, which I didn't know I had.
5. He mixes things up, so I use different techniques, to prevent boredom, I get bored very easily.
6. He gives me the whole hour, not 45 minutes.
7. He doesn't let the fact that I am in my fifties get in the way of his thinking about how hard I can work out.
8. In the past, with other trainers, I would jump on the treadmill after the session, because I had energy left over. After an hour with Kevin, I'm finished at the gym for the day.
9. When I try something new, and I'm lousy at it, he keeps me doing it until I improve.
10. I really enjoy the workouts, I feel better afterwards. I think my waist is slimmer and my arms are more toned, after only half a dozen sessions.

So what is wrong with Kevin?

He can't count: he thinks 15 is 10 ... "plus two more"



Penelope Hill