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Phoenix Fitness  
Ancaster

## PERSONAL TRAINING TESTIMONIAL RE VINCE DELMONTE

By Sandi Pringle

I have been a member at gyms for the past 25 years, and a member of Phoenix Fitness for the past 4 years. My first love is running. I also do some mountain biking and swimming. I have run the Around the Bay every year for the past 8 years. I have completed a marathon, triathlon and duathlon. I have often flirted with weight training but never really gave it a fair chance. Like most women, I did not want to get the "thick" look. 25 years ago I lost 75 pounds and have been able to keep it off. I lost the weight by running and diet control. I was always happy with what I accomplished and thought that I had gone as far as I can. This year a friend and I were planning our summer work out and decided to have assessments done before we started. Off I went to book my assessment with **Vince DelMonte**. After being assessed and listening to what Vince had to say, I walked away thinking about the training he had presented me with. His presentation of the training was "this is what you can achieve by working towards a goal, to move yourself up a level". His enthusiasm on how he could help me achieve that goal was genuine. I walked away, thought about it for a month asked myself questions. "Am I ready to commit to this? Can I stick with the whole plan (**eating, reduce the running and take the "Rest Days"**)? (I still have a hard time committing to rest days). I came back and booked. It was **THE BEST THING I EVER DID IN MY LIFE**, and Vince was the man to get me through it. Every session had me wanting more. I couldn't wait to get to the next session with him. It was like having a trainer, dietician, motivational speaker and emotional support sounding board all in one-person -**all to myself!** This truly was all about me. I needed to hear his positive words of encouragement, which made me work harder. He knew exactly when to push me and when to lay off. He designed my programs with my needs in mind. It was not something that was thrown together out of the textbooks. He changed the program as I became stronger. I watched my upper body change with every session, and that made me work harder. I actually lost inches off my butt, hip and thighs, as well; I am seeing the beginnings of a six-pack of abs. I lost body fat, which was something I had not been able to do with running only. I never thought that I could "grow" more muscle or become as strong as I have. ***Vince gave me the knowledge, the tools and support, and I gave him my commitment and trust.***

I can honestly say that the weight-training bug has bitten me. If it was not for the training I took with Vince, I would still be a hard person to convince that training with weights would in fact change my body, reduce body fat & inches, gain muscle and have an increase in energy level (and I had a lot of energy to begin with). **So what should you do is set a goal, work hard, listen to your trainer, and success will come. It is easy, "don't knock it till ya try it"**

## **THE FORMULA TO A GREAT BODY**

***Trainer providing tools, knowledge and support + you providing commitment, trust and hard work = successful training at Phoenix Fitness and a beautiful body to boot! **WORK HARD, HAVE FUN.....and it will pay off, it did for me and I am proud of myself.*****

***Thanks for the beginning of a "six pack" (abs) as well as the other body parts.  
Vince, you are the best  
Sandi Pringle***

