

# PERSONAL TRAINING FOR YOU

Making a commitment to improve how you look and feel is a lifestyle choice that will enhance you physically, emotionally and mentally. It does not have to be hard. It does not have to be time consuming, boring or difficult. You just have to do it!

## 5 KEY POINTS TO SUCCESS

1. **Positive Attitude:** Set goals and believe you can achieve them.
2. **Drink More Fluid:** you can only live 3 days without fluid – water is vital.
3. **Eat More Real Food:** fruit, vegies, whole-grains – food that comes from the earth.
4. **Move More:** do planned cardio work *and* increase your daily incidental movements.
5. **Strength Training:** will help to guarantee a faster metabolism, faster fat burning, a stronger body, less chance of injury, less chance of all degenerative disease and most important – a better quality of life.

**FALLACY: women who lift weights get “big”!**

**Women do not have the levels of testosterone and human growth hormone required to increase lean muscle mass dramatically. The majority of women will only have the capability to replace the muscle that they have lost naturally since they turned 20; at most a small increase in muscle mass (and more muscle mass means faster metabolism, faster fat-burning and a major slow down of the aging process!)**

## Strength Training... **Why do it?**

- Helps control obesity and fatness
- Increases lean body mass
- Increases strength
- Increases or replaces muscle tissue
- Increases bone mineral density
- Enhances functional strength
- Increase joint stability and strength
- Improves posture
- Increases metabolic rate: faster fat burning
- Increases energy expenditure
- Enhances sporting performance
- Decreases risk of injury
- Decreases degenerative diseases such as arthritis, osteoarthritis etc
- Decreases blood pressure and diabetes

If you're interested in a **personal training program**, please contact Gabrielle. Training can be conducted in a gym, at your home or on the beach... no equipment necessary.

### **Not familiar with a gym or how to use equipment properly?**

I will show you through various machines and exercises so that you are confident to go to any gym and know what exercise to do, what weights to use, how to do it properly, and why you're doing it!

**BODY WAXING SAMUI**

[www.bodywaxingsamui.com](http://www.bodywaxingsamui.com)

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