

Maturity and Life Experience make the best Personal Trainers

If you were to ask me what it takes to be a high quality Personal Trainer I would tell you that it requires compassion, discipline, a willingness to learn and grow – both professionally and personally - and a truck load of life experience.

Client's issues are complex and multi-faceted. We have a nation of overweight and obese Australian employees struggling to achieve work-life balance. The long hours at a desk, regular absences from home, and low levels of physical activity all have negative impacts on health, fitness and wellbeing. Personal and professional relationships are suffering. Employees regularly report increased levels of stress; this is reflected in higher levels of absenteeism and staff turnover, diminished productivity, and back and neck complaints.

The best trainers are not necessarily the youngest, buffest, most technically savvy kids on the block. More often than not, the best trainers are of the weather-beaten, well-educated and self-aware variety – those individuals who've been around the block a quite a few times and are still able to laugh at life and all its vagaries. These people choose to be trainers because they've been where you are and now they want to give back. These are the quality of trainer capable of guiding Australian employees in corporate settings, toward increased levels of health, vitality and stress relief.

In the current economic and social climate it is no longer 'more weights' and 'more cardiovascular' work that employees need most (although these things are of unquestionable benefit), rather employees are in need of team building, wholistic health consultation, fun and conscious-connected movement opportunities. They are in desperate need of more dynamic and considered ways of relating to one another, of being included in the corporate-fabric, of sharing a laugh with colleagues, AND of moving physically. Pedometers are no longer enough. Great trainers change lives.



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