

Achievement

Resolution

Motivation



Commitment

*How has a Harbor Personal Trainer helped you to be successful?*

My “story” isn’t earth-shaking, though for me it is significant.

I joined Harbor Athletic Club at the beginning of October, 2006. I did so because I had just learned that my cholesterol level was up around 220, and I’m only 42 years old. I’m not overweight, I don’t eat a lot of red meat, though elevated cholesterol runs in my family. I decided it was time for me to start following the suggestions of current science and begin a formal exercise program.

I was not new to exercise, though the last time I actually did any exercise regularly was before my six-year-old was born....so basically, I was starting from scratch. Right after joining Harbor, I immediately started working out, though I didn’t really feel like I knew what I was doing. I tried a couple of the different machines, and though they are fairly self-explanatory, I wasn’t sure I was doing things “right”, and I didn’t really have a focus.

A week or two later, I met with a personal trainer once. She asked me what my goals were. I said that I wanted to achieve cardiac fitness and retention of muscle mass. She showed me how all of the cardio machines worked, suggested a baseline starting point for me on most of them, and also discussed how I might work up my “mileage” on the treadmills using intervals of running and walking. She also showed me how the machines worked in the women’s area to get me started on a weight training regimen (which I had never done except for a unit or two in high school gym class). After our session, my confidence level was much higher, and I felt like I had a starting point, as well as the means to make and measure progress on my own.

Now I sing the praises about what a nice “perk” it is for new members to be given one free hour with a personal trainer. It really set me on my course, and now that I’m running almost three miles at a time, three times per week, and lifting weights regularly, I’m well on my way to my next goal of running a 10K. And, I’ll be having my cholesterol checked again in April. I’m anxious to see how my cholesterol level will be impacted by my exercise program, and at least now I know that I’m doing a lot more to be healthier.

Regards,  
Laura Guse

Determination

Improving Health