

2007 - Sue Smythe

Sue Smythe Private Fitness Training Studio

Putting your trust in a professional personal trainer

By Noel Smith

Whether it's getting or keeping fit or overcoming physical problems through physical training, there is nothing like a personal trainer.

No matter if you are a professional such as an educator, doctor, lawyer, manager, etc. or a stay-at-home parent, a personal trainer will help you make the best use of your limited time while meeting your fitness goals. And in this day of high expectations and overly busy schedules, whether at the office or at home, built-up stress can be relieved through exercise and "working up a sweat."

The Sue Smythe Private Fitness Training Studio is easily available to both the Capitola-Soquel and Aptos areas and has times available from 6:00 a.m. in the morning to 9:00 p.m. in the evening. All are private sessions unless you request to work out with your spouse or a friend and arrange for a duo-session. Sessions are for one hour and two sessions per week are recommended.

The Sue Smythe Private Fitness Training Studio has five trainers – all of whom are qualified and certified – Krista Hammond, Carla Anecito, Heidi Boynton, Sunita Bancroft and, of course, Sue Smythe herself.

Krista Hammond, Kinesiologist and professional trainer for the Sue Smythe Studio told us, "When you're someone's personal trainer, you're not just a coach, you become their friend, a confidant and a partner in setting and achieving their fitness goals. It's a much different experience than working out at a public gym or without a personal trainer."

Looking around at the studio you see many types of equipment from dumbbells to treadmills. There are large mirrors on the walls to help you see the exercises as you are doing them. But the item in the studio that will help you do the exercises right and will monitor not only your form, but your progress is... the trainer.

Krista said, "It's especially important for someone who is just starting an exercise and fitness program or re-entering their training regimen to have a trainer to monitor their progress. This ensures that we are physically balanced in meeting their agreed-upon goals. Also, by having a trainer, you help to prevent strains or even injuries that can happen if a person isn't used to a higher level of fitness."

It's unexpected to find out that a large part of their clientele is seniors. Many of those over 60 feel the need to keep fit so that they can continue to be physically able to travel to see family members or to take that trip to the Caribbean that they always planned on.

Another group of Sue Smythe Studio clients are those who are recovering from an injury or an operation. The physical therapy that most health plans provide is limited. Recovery time after an accident or operation, especially for those over 60, often takes six months to a year. These trainers are qualified to work with people during their healing and recovery period to ensure that their physical recovery is as complete as possible.

But there are other dimensions to having a personal trainer. Krista told us that she can provide nutritional counseling for her client's diet, and then by monitoring and adjusting it to their personal needs, can help them reach both their fitness and weight goals.

Another plus to having a personal trainer is that your trainer can devise an at-home fitness program so you can continue your training between studio sessions. This is especially helpful for the serious athlete who is in training and anyone who wants to elevate their fitness level. Krista says she can help identify outdoor exercise opportunities for her clients close to where they live, taking advantage of local parks and public facilities.

Sue emphasizes that this is a private setting with no pressure, a comfortable and relaxing experience. Many who come to her studio are first-timers and are pleased and surprised to find such a compassionate and understanding attitude among all the trainers.

Whether its cardio, Pilates, strength training, fitness exercise or a physical recovery regimen, a personal trainer at the Sue Smythe Private Fitness Training Studio will help you become and remain the healthy and active person you want to be.

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