

2008 – Sue Smythe

Now is the time! -- Don't just think about it!

*Put your trust in a Professional Personal Trainer at Sue Smythe Private Fitness Training Studio*

By Noel Smith

It's a New Year, *and* it's time to act -- to challenge yourself. What are we talking about? Improving your physical fitness. You'll feel better, sleep better, be stronger and doing so will improve your mobility and balance.

Whether it's keeping fit, or getting fit (if you've been on that couch too long), or you are recovering from an operation, an accident, or overcoming other physical problems by means of physical training, there do it with the benefit of personal trainer at the Sue Smythe Private Fitness Training Studio.

No matter if you are an employee, employer, self-employed, an educator, doctor, lawyer, manager, 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."

Every Sue Smythe client gets a free interview and analysis to get an insight into the person's lifestyle, habits, wants and needs so they can create a personal training program just for you. "We take a proactive role to ensure the individual is making progress and getting the most out of the time spent with their trainer. I really try to match personalities between trainer and client through an interview to make sure we understand the clients goals and exercise preferences," said owner Sue Smythe.

The Sue Smythe Private Fitness Training Studio's convenient location on Soquel drive in Aptos makes it easy for her clients to pop in for a personal training session any time of the day from early morning through evenings.

"Many of my clients like the privacy factor of our studio," said Smythe. "It's a focused environment where you get one-on-one attention, minus all the distractions and interruptions you find in a larger facility."

Motivated by her love for fitness and a passion for helping people live a healthier lifestyle, Sue has been in the fitness industry for 16 years and opened her studio eight years ago. Her energy and positive attitude make the studio more than just a gym.

Sue told us, "It's a great place for those who love to work out with professional guidance, as well as those who need both direction... and a little push. It's an environment that people look forward to," Sue continued, "It's a getaway, an escape where they can work out and get the information they need about nutrition and proper exercise."

All exercise sessions are private, unless otherwise requested. You can arrange for duo-sessions to work out with your partner, spouse or a friend. Sessions are normally for one hour with two sessions per week recommended.

The Sue Smythe Private Fitness Training Studio has five trainers – all of whom are qualified *and* certified -- Carla Anecito, Cecelia Metcalf, Heidi Boynton, Teresa Westrum-Dabir and, of course, Sue Smythe.

Trainer Teresa Westrum-Dabir said, “When you’re someone’s personal trainer, you’re not just a coach, you become a friend, a confidant and a partner in setting and achieving their fitness goals. Having a personal trainer is a much different experience than just working out at a public gym.”

Looking around the studio you see fitness equipment from dumbbells to treadmills. Large mirrors on the walls help you see the exercises as you are doing them. But the most important item you find to help you do your work out right and to monitor your form and progress is... your trainer!

Heidi Boynton said, “It’s important for those just starting an exercise and fitness program or re-entering their training regimen, to have a trainer to help them and to monitor their progress. This ensures that both of us will meet their goals. Also, by having a trainer, you help to prevent strains or even injuries that can happen as a person moves to a higher level of fitness.”

Teresa informed us, “Surprisingly a large percentage of my clientele are over 50 – both boomers and seniors. Many of those over 60 feel the need to keep fit so that they can continue to be physically active, independent and able to travel to see family members or to take that trip they always planned on.”

Another group of Sue Smythe Studio clients are those recovering from an injury or operation such as a hip or knee replacement. While 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. Sue Smythe’s trainers are qualified to work with people during their healing and recovery period ensuring that their physical recovery is as swift and complete as possible.

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

Another plus is that your personal trainer can develop a custom at-home fitness program so you can continue your training between studio sessions. This is especially helpful for those athletes-in-training and those wanting to significantly elevate their fitness level. Carla says she can also help identify outdoor exercise

opportunities for her clients close to where they live, taking advantage of local parks and public facilities.

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