

Even though I used to be a personal trainer, I signed up to become a trainee. Everyone asks me why, and I respond that it's because I, like most other people, need the self-discipline and the form correction. In addition, I like not having to prepare my own program. Scott is a terrific trainer. Though we sometimes do the same exercises, we never do the same program. So, I'm always surprised. His individual exercises and the programs are extremely creative and are related to the goals we discussed together when I began. We use a wide variety of equipment, which keeps the sessions interesting and always challenging. What I'm really impressed by with Scott is the pacing of each session. I found it hard to know how many exercises/sets, etc to have in one session, but Scott's a master at using every minute productively, so that I get a cardio workout as well as a strength/toning workout. It all seems to flow and fit smoothly, and I know how hard that is to achieve. Sometimes, we do a session or set of exercises at a totally different pace, moving, for example, through a set of exercises with the resistance bands at high speed. It's hard, but it's a good change of pace. At Xmas, we did an amusing, and difficult, 12 days of Christmas session. Scott is also good at correcting form, which everyone needs. I appreciate the corrections because I know I'm getting more out of the exercise. We've done a lot of upper body exercise, and I notice the results when I swim. I'm hoping to take some tennis clinics in the fall, and I look forward to, perhaps, playing better as a result of my training.

Thanks, Scott.

Becky Howard