

Changes for 2009

Two years ago I had a chance meeting with a personal trainer, Roberta MacNeil from the Carling Fitness Studio and I will admit she is changing my life. We met at “Business after Five” event that was sponsored by the London Chamber of Commerce and we had an immediate connection. She was personable, honest and above all committed, her energy level and her concern for me was impressive so much so that I signed up for an evaluation.

I did try to get in shape through other fitness clubs with less than stellar results. Actually with one gym I was worse off even with paying the inflated cost of a “personal trainer”. The word personal trainer is used to describe the guy who spent more time looking at himself in the mirror than on my progress. He did increase my ability to lift a huge amount of weight and increase my neck size by 4 inches but in the long run I was still out of shape and I had to buy longer ties to compensate for the larger neck. But that is not where I needed the help.

That is what impressed me about Roberta MacNeil she evaluated me, she talked about what we could do together and that was great. At no time will I tell you that it was a piece of cake to work with her, it was hard, but I was never stiff and sore like I was with the other trainers. The most impressive thing of all is that I saw results, I could look at the mirror and see results and that was impressive. She had my mobility back; I was moving quicker I had more energy. I enjoyed working out. My life was changing. My wife and I started taking dance classes; I was avoiding the elevator and taking the stairs. WOW.

It was Roberta’s success that makes her a great person to have on your team. Let’s face it she lost 82 pounds, with no drugs, no fad diets, just exercise and eating right and hydrating properly. She knows the difficulty on changing a life style; she can honestly say “been there done that”. Nothing is worse in my mind that someone who is the perfect size never been an ounce overweight telling me what to do because they have read it in a book. Roberta not only has her degree from Western, she also has the practical experience, and it’s what I like to refer to as a “life degree”.

I did, however, have a set back and had to avoid exercise while my knee healed. For the record we are now watching where we are walking when photographing the forest not following life through our camera lens. The day was incredible and you can see for your self at www.gordevansphotography.com/albums9/GE888 . But I am healed and I am on track now, we are so excited to have Roberta MacNeil on our team for 2009.

We would like you to share in our excitement. So, we are offering you a photo session with a professional photographer a DVD Electronic photo album, with all the pictures from the photo shoot, an 11”x 14” full colour portrait of the new you. All photographed you when you hit your first goal. We will also add a bonus if you’re a bride-to-be, we will add \$250.00 in photo products to your signed wedding package to Gord Evans Photography. That’s like getting your professional photo invitations for free. This offer is available to any one that signs up at the Carling Fitness centre through the month of January 2009. Call us today to get all the details 519-680-1177.

Gord Evans