



PT CASE STUDY

Client: *Angela Belassie, PR Consultant, PR The Write Way*

Why did you decide to have a PT?

I wanted to get fit and eat more healthily and thought a PT would help kick-start the changes I wanted to make.

I'm pretty good once I get into a routine – but getting started can sometimes be a challenge!

I read Yvonne's book, *Suck it Up or Change*, and the chapter about our health helped me to realise I would like to make it more of a priority.

As a PT that does not work on weighing you in or doing measurements, how did you feel about that?

I really liked it. For me, it means the changes will be long-lasting. I want to do something which is realistic, not too intrusive and can be built on incrementally.

I still felt like I was enjoying food and life, while seeing positive results.

How were you able to gauge your improvements?

I started to feel better in the first instance and had more energy. I also started to get sick (colds, etc.) a little less. It's been over a month so far, which is a record lately!

I feel/look more toned and many other people have noticed.

I met up with a friend the other day, which I had not seen since before I started the programme, and she kept commenting on how well I looked and wanted to know more about how I went about it!

How did the nutrition advice help you?

I had thought my diet was quite healthy, but the food journaling helped me to recognise where and how I could improve.

Drinking more water, cutting back on sugar and increasing my fruit and veg has definitely helped my overall well-being. My skin looks and feels better too.

There's still room for improvement, but I no longer beat myself up about it and recognise that small, continual changes are helpful.

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What changes have you noticed about your body over the past 12 weeks?

Slimmer and more toned. I've started to see some definition on my abs too, which was part of my goal 😊

What comments, if any, have you had from others since you've been PT training?

See above! Yes, a lot of people have noticed and been very complimentary 😊

Why would you recommend PT to others?

Definitely. It helps to get you into a routine, with a tailor-made workout which you develop over time. My nutrition has also improved.

It helps with motivation and mind-set – and I'm doing a circuit I wouldn't have even considered before.

Having a regular exercise routine is also good for the mind. I find a good workout is a good de-stressor.

What's next for your fitness & what advice/tips would support you?

I'm going to sign up for a 60-mile bike ride next month, so perhaps tips on endurance/preparation.

How can the PT service be improved?

Perhaps a regular email/motivational reminder and sharing tips, to keep it front of mind.