

CASE STUDY

Personal Training

Chris is an extremely busy and successful business man. He started training with motive8 four years ago.

Although Chris is a healthy 55 year old and is generally active through walking holidays and day to day activities, including being a keen gardener, he realised that he never put aside time to carry out specific fitness activities for his long term health and wellbeing and had no idea where to start.



In the early stages Chris could not run quarter of a mile without stopping. He completed his first 10k running event with the help of motive8 in 2005 and in 2007 had improved that time by over 10 minutes. He continues to keep good pace and has recently completed the Asics British 10K London Run 2010.

Due to his schedule and commitments, Chris knows that without booking in 2 training sessions with motive8 each week he would never perform the activities that he knows help him be in the peak physical shape he is in today.

He also thinks that the expertise and manner in which motive8 set goals and educate their clients as to why they perform certain activities ensures that a fit and healthy lifestyle can become part of anyone's daily routine. A new level of fitness allows him to relieve stress from work and perform his daily tasks more sharply and efficiently.

