

# CASE STUDY

## Personal Training

Julie runs a small consultancy company and works on projects which can involve long hours and overseas travel. Whilst she enjoys taking on personal challenges as a way of focusing her fitness efforts, having sailed 2 legs of a round the world yacht race and climbed Kilimanjaro, when working on long term projects her fitness programme can slip.

When Julie started on a project at motive8 it was the ideal opportunity to get back into a regular fitness programme and she has been doing this with the help of Alex Thomas, motive8 Personal Trainer and Rehab Specialist.

Julie cites her biggest barrier to training as habit - getting out of the habit is easy, getting back into it takes a bit more time!



Julie's initial goal was to get fit enough to be able to enjoy cycling and playing sport with her nieces and nephews on holiday and then look for the next fitness challenge. However, whilst on holiday, Julie injured her ankle and has been undergoing rehab, thus changing the short term focus of the training sessions.

As the owner of her own business, Julie can endure long days in front of the computer or on the phone but has since found having a break in the day a couple of times a week to be a great distraction.

Julie has been training with Alex for a couple of months now and both her fitness and overall lifestyle is improving. Prior to the injury, Julie's sessions were getting progressively tougher, with Alex knowing exactly when to push her a bit harder. Now, Alex is using her rehab skills, patience and sense of humour to get Julie back on track, applying methods such as stability and mobility exercises to repair the injury.

Julie is now looking forward to returning to training sessions and getting Alex to help her achieve her next big challenge!

“ Working with Alex has been great fun and is delivering results. Not only does Alex know her stuff but she knows when to push you harder, all the while keeping you motivated and having fun. **Julie Walker, Purple Spinnaker & Kukutana** ”

