

Fitness for everyone with Orion Personal Training

The first thing many of my friends said when I told them I was going to have ten Personal Training sessions with local Personal Trainer Ben Adkin was 'Why? You don't need any fitness training.' I admit it, I am a bit of a fitness freak and I'm not in too bad shape for a woman



fast approaching her 40's but even the likes of me need a push and inspiration to keep up my enthusiasm for staying that way.

Local trainer Ben has been living in Edenbridge since he was 6 years old and following a varied career, from tree surgery to landscape gardening, he realised his passion for sports and fitness could be turned into a career and so began studying for his qualifications to become a personal trainer.

Ben is keen to get the message across that even those who are in reasonable shape can benefit from personal training sessions to make themselves fitter and healthier. Ben has clients from all sorts of backgrounds such as: those that have reached a point and realise that they really ought to start exercising and paying attention to their nutrition; new mothers who are struggling to find the time to get to the gym or engage in outdoor activities to start losing their baby fat; those recovering from injuries and need some advice on what they can do to begin their

fitness regime in a safe way.

Before our first session started, Ben requested that I keep a food diary for 7 days. Health is 80% based on nutrition and 20% based on exercise. I admit that I was worried about sharing such personal information with someone and the thought of not including some of the 'naughty' elements of my diet did cross my mind when I first sat down to write the contents of my first meal. After a few seconds deliberation I reminded myself that to achieve my goals I have to be honest with myself and Ben otherwise there's no way he would be able to advise me on what changes I should be making. It turned out I wasn't too bad (even with the wine included on the list)

I was unsure of how a training session would be conducted in my house as I do not have particularly large rooms. I've had training sessions before but always in a studio, never in a house that is cluttered with cats, furniture, etc. And so my journey with Ben began and you'll be able to read about it over the next couple of issues.

As I already have a reasonable level of fitness, Ben made sure that the exercises I would be doing would be pushing me in order that I could achieve the results I wanted. Each session started with a warm up, normally involving some jumping around and even high kicks. When Ben was showing me some of the moves I had been worried about him taking my light fittings out or one of the cats as he is 6'6" tall. He demonstrated that even in a small space he could quite easily undertake all the activities he was showing

me without destroying the place.

Whilst the initial sessions were all done indoors, Ben can train anyone, anywhere. He said you can even get a good workout in a space the size of a phone box!

Ben certainly knows how to achieve the maximum from his clients and will keep pushing to make sure that each set of exercises you do, you get as many movements out as possible. I did squats, lunges, star jumps, swinging a kettle bell around, boxing, push-ups and many more. At first I was able to complete 2 circuits in the 45 minute time (15 minutes are set aside for warming up and down) and it was exhausting. I did wonder what my partner was thinking as he was working upstairs and I'm grunting in determination to complete my exercises with Ben encouraging me with his instructions.



The next day after my first session my legs were feeling like jelly and I was walking around in a very peculiar manner. My exercise motto however is 'No pain, no gain' so I was pleased to have felt the effects of my workout, clearly demonstrating that I had not been pushing myself quite so hard in the gym and as I mainly go running, I was using different muscles for these

workouts.

After my second session I could feel a burning ache in my arms and shoulders. It felt that a different muscle group was aching each time I had a session with Ben and because of that I was delighted with the progress. I could also see my muscles starting to tone up again which was making me feel great.



I began with having 2 sessions a week if I could find the time and in between these sessions just work out as much as I could either running or going to the gym, not always easy when you have lots of work to do. At the end of the day I could only do what I could do.

So, after my first 4 sessions with Ben I was certainly developing my muscle tone and I did try and follow his diet plan which consists of fairly simple to make meals.

As well as individual personal training sessions, Ben is keen to start up his Boot Camp training sessions so watch this space for more information.

You can contact Ben on 07810 514 139 or find his page on facebook at **Ben Personal Trainer** for tips on fitness and nutrition.

ORION

PERSONAL TRAINING

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