

Fitt and Fabulous - Personal Trainers Evaluation

Name: Lisa Stanislaus & Raymond Rodriguez

Age: 28 & 27

Testimonial your personal opinion about Raquel and her personality and style, as a Personal Trainer and as an individual. Please be honest and tell me how you feel you don't have to be nice.

Raquel is very kind, understanding, & personable. You can see she loves what she does and that this is not a job for her.

How does Raquel of Fitt and Fabulous differ from your experience with other trainers, or your idea of how a trainer is supposed to be? **Ex. Educated, explaining the exercise, correct proper form**

Raquel has profound knowledge when it comes to the science behind working out: anatomy, health related issues, dietary plans as well as work out exercises. Raquel will go the distance to find the right routine & combination that will suit her clients individually. I enjoy that she is not only updated about what's new but is not afraid to put in to practice back basics routine.

How does Raquel of Fitt and Fabulous conduct her involvement with you as the client when training? **Ex. Hands on, encouraging, pushy, not attentive**

She follows through with one on one training (personalized and effective) and is willing to get right down to it and train with you. She is extremely motivated and encourages you to push harder and not give up.

What do you like about the style of Raquel of Fitt and Fabulous training? **Ex Intensity level, variety of exercise**

Raquel is very confident in her domain and knows when to push and understands when not to. She is on top of her game when it comes to variety of workouts. Always tailored and precise however she is not afraid to adjust or fine tune as you are working out, for maximum results.

How is Raquel's personality while training with you? **Ex. Fun, up beat, drill sergeant tough, mean etc.**

To work out with Raquel is fun, she has a great sense of humour. She also knows when to be firm and to the point. She is also passionate and this combination allows you to connect with her.

What has been your progress since training with Raquel? **Ex. Motivating, goals met, more educated**

Raquel is extremely educated in this field and therefore you are sure to walk away with awareness, of your health, the foods you eat and the amount activity that should be implemented in your life. She does not just train you for the moment you will spend with her, she gives you enough that you can maintain at your own pace.

Would you recommend Raquel of Fitt and Fabulous as a Personal Trainer if so why?

Yes I would recommend Raquel as a personal trainer. Just to get to know her is great because she really cares. Not fake! In terms of her methods, she is definitely inspiring, and has immense knowledge about being a trainer. She works with and for you to maximize the outcome.
