

Fitt and Fabulous
Personal Trainers Evaluation

Name Lynne Ashdown
Age 41

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 made a great first impression and has not disappointed in the least. Her energy and enthusiasm are contagious and very inspiring.

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 is my first personal trainer but I've had experience with trainers in various gyms and she's the first one I've felt was knowledgeable enough to merit the title of personal trainer. She is also the only trainer that has personalized workouts and changed exercises to specifically fit my needs and continues to do so as I progress.

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's extremely professional and courteous and she really encourages you to push yourself without being critical. She's very supportive and understanding.

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

Every week is different so there's no chance of boredom! I like that she gives me exercises to work on for when I'm not training with her.

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

She's energetic and fun and puts up with my silliness but she's tough when she has to be.

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

I have progressed more in the 5 months I've been training with Raquel than I did in the previous 5 years of regularly hitting the gym. I learn something new every week and take it with me when I train on my own.

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

I already have recommended her to several of my friends. She's everything a trainer should be.

