

Fitt and Fabulous
Personal Trainers Evaluation

Name Olga Gauvin
Age 28

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.

- **I think she a naturally good person. It seems like she wants everyone else well being. She's just nice & sweet person. She's tougher as a trainer and that's o.k.**

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**

- **First, she really cares about the person she's working with. She takes the time to explain the exercise and the effects that it will do. She wants you to be in the best shape possible and that for own best interest.**

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 is pushy and encouraging. But some people like my self you need someone that will push you so that you can do the best you can while working out. She's attentive to the individual needs.**

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

- **That it's real one on one time with a really good trainer. She doesn't only care about your physical well being but your overall well being.**

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

- **She's fun and tough because she wants' the best for you.**

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

- **I am more motivated because for one, I saw the changes in my body and also when someone cares for you in a certain way you will also care for yourself.**

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

Yes, no doubt about it. I think she's one of the best in what she does. She a good person and her personality is appealing.
