

***Fitt and Fabulous***  
***Personal Trainers Evaluation***

***Name Sanka Kangudi***  
***Age 34***

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.

**What I like about Raquel's style is that she seems to adapt to her client's needs, as far as her approach is concerned. She's tough but sensitive to the client's limitations.**

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**

**Because she understands the woman's body she conforms her training to compliment the differences we have between men and woman. In the past my male trainers would design workouts that are great for men but not attractive for women. Because she has training as a massage therapist, she can explain exactly what is happening between your body and the exercises.**

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 very hands-on and attentive. She can push but we are aware that it is to motivate us to reach beyond our capabilities.**

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

**I like that the exercises are always different and I do well with variety and I always feel like I've had a good workout**

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

**It's a good mix between up beat and a drill sergeant.**

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

**As long as I'm training the progress has been great and rewarding**

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

**Absolutely, because if you want results, she get them for you!**

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