

My Journey back to fitness

By Bridget O'Flynn

It is over a year ago now, just after my 49th birthday, there I was thinking my god I will be 50 next year and don't I know it, as I glimpse in the mirror I begin to see my mother in old age. Sorry mum you are lovely but never the one for much fitness. So what to do, I have always done some moderate exercise, yoga, callenetics, but they do not seem to make much difference to my changing shape. I have always been thoughtful about what I eat and gave up smoking years ago, but somehow I struggle to loose weight and just do not feel that fit!

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Gyms? Mmm... I have looked around a couple in my life and just walked straight back out. What about a trainer? That is what the Celebrities do, but that's just for them isn't it? Slowly I thought why not me, I have spent enough on the children over the years and getting a personal trainer would be an investment in theirs and my future. I also knew it was the only way I would ever enter a gym. So I rang around a few personal trainers, what do you say, how do you assess who's good! I guess that at the end of the day it was just intuition.

I rang Andre Fergus the first time probably at least six months before I rang again and decided to meet up to talk with him. When I first sat and talked with Andre I could tell that there was more to training than I first thought and I was impressed with the way in which he looked with you at all the issues involved, not just your body and fitness but you as a whole person, life style, eating patterns and you emotional self. Andre very much had a holistic approach to personal training and as a Homoeopath, myself this really appealed to me.

I am realistic, I do not want to hide my age but would like to feel a bit more in charge of my body as I get older, I just want to be fit enough to do lots of travelling and enjoy life to its full. What was great talking with Andre was his knowledge and sensitivity about people, being able to hold out that I could achieve whatever I wanted regardless of thirty years of neglect.

So off we go the next week to the gym, I think it took me at least a month not to be utterly terrified each time I went the gym. Slowly I have become amazed with what I could achieve. Andre asked me at the beginning the one exercise I did not like the most, I said running, that my husband complained because I would not even run across the road if a car was coming, never mind in the gym. Now over a year later I can say that I really like running and it is my favourite CV exercise.

I have been amazed with is how building muscle is changing my shape, without building bulk, makes you feel great as well as strong. It is in daily life I

notice that, now the shopping bags go straight up on the table from the car, rather than dragged in onto the floor.

The other thing that has improved, well completely gone now, was a frozen shoulder, where I could hardly stretch my arm above the shoulder to put clothing on. I had had physiotherapy on it with no improvement, in the end, the physiotherapist said I could try a steroid injection, but personally, she would not have it. So after six months of training with André it disappeared!! So what's that all about?

I have to say for me I know I would not have been able to achieve even a small amount of what I have without the knowledge, support, laughs and commitment of my personal trainer Andre Fergus. I now know that there is still so much more to push myself with, that I will always stay fit whatever my age or whatever I'm doing in life. I feel it is like not only reclaiming my body but also reclaiming my self-belief.

Bridget O'Flynn has been a Homoeopath for 12 years, working in private practice as well as a Chiropractic clinic.
Anyone who wants to know more about homeopathy can contact the British Society of Homeopathy at www.homeopathy-org.



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