

Shirlie Williamson

Once upon a time, when I was in my 20's, I went to the gym every morning on my way to work. I remember those days. I had a strong, healthy body and lots of energy. I enjoyed working out. It was a way of life. I'm not sure exactly when that stopped or why. Over the past 30 years I've probably joined a gym a dozen times. And I would go, regularly, for a month, or a week, and then I'd find excuses. Each time I joined I had a plan. I'm really good at making plans – just not as good at carrying them out over the long term. I remember one time I joined Purdy's Wharf Fitness Club and Greg said to me, "So what are you going to do differently this time". So I told him I had a plan - and it lasted two weeks.



Last October I took a good look at myself. I weighed much more than I needed to, had no energy, high blood pressure and high cholesterol. I couldn't walk more than a couple of blocks without feeling winded. My first thought was to make a plan and join the gym. But Greg's words came back to me (yes I did listen, Greg) and really hit home. What was I going to do differently this time? So I decided to try personal training.

My first training session with Dominic just about killed me. When Greg asked what I thought of the session, I told him that I wasn't sure Dominic realized I was old enough to be his grandmother (well, almost). But I survived. And since I'd signed up for three months of training sessions, I went back the next Monday, and the next.

When we discussed my goals, Dominic was very honest with me. When I told him one of my goals was to lose weight he told me that losing weight is 90% nutrition and only about 10% exercise. He offered to help with my meal plans, but I really do not like writing down everything I eat and I wasn't really ready to make big changes with food so I asked him to just concentrate on the exercise part because I also wanted to get stronger and have more energy.

Since October I have tried to get to the gym at least twice a week and I also use a fitbit and am working on increasing the number of steps I walk each day. I also walk up and down a lot more stairs instead of taking elevators. But the number on the scales was still not changing much and by the end of January I started wondering if having a personal trainer was really doing anything for me. Then in early February we had a snow storm. I have a long driveway and when I looked at the amount of snow on it, I knew it would probably take me 4 or 5 hours to shovel it. So I got started. I shovelled for an hour and then took a short break, went back out and shovelled again for an hour and was surprised at how much I had done. It took the third hour to finish the driveway, but at the end of it, my muscles didn't feel as sore as I expected – just tired. And it had taken a lot less time than I thought it would. Even better, the next day I woke up and I still wasn't sore. I couldn't believe how great I felt!

So I went back to the gym feeling much better about the process. Unfortunately, then I got a cold which turned into something more serious and lasted about six weeks. But I still continued to work out with Dominic at least once a week. One week I just didn't have the energy to work out so we talked about nutrition instead. I started making small changes to the way I eat (I changed from drinking my coffee with cream and sugar to just using milk; I drink more water; I cut back on junk food and sugar in general, etc.). And the weight has started coming off. I'm losing about a pound a week but even more importantly, I feel wonderful. I have energy when I wake in the morning. I'm sleeping better. I am much stronger. I can walk farther. And, even more surprising (given my history) seven months later I am still going to the gym at least twice a week and walking almost every day – and loving it!

What comes next? More of the same. I'm not making a plan. Instead, I'm going to continue to make changes.

Thank you Dominic for keeping me on the right path. And thank you Greg, Tammy and Darryl for always being there with a smile and encouragement! I love the “family” atmosphere at the Purdy's Wharf Fitness Club. It works for me!

Shirley Williamson

August 2017 update from Dominic - Shirley has increased with her deadlifts every session over the past 4 weeks up to 140lbs while losing 10 lbs of body weight in the same time frame.



