

BBC RADIO COVERAGE

Getting personal with Pilgrim!

Back in February, BBC Three Counties Radio presenter John Pilgrim, offered one of his listeners the opportunity to change their life by embarking on a diet and fitness programme with Personal Trainer Lucy Childerley.



Personal Touch Training

Personal Touch Training was set up in 2002.

They help clients improved their fitness, diet and overall well being.

They also offer personalised fitness training programmes, personalised diet plans, Pilates and massage - all designed to help people achieve their personal goals.

Su Martin from Upper Caldecote in Bedfordshire stepped forward! Su, a mother of two, found that she no longer had time for herself and felt her general health was slipping. She had started to notice that she was putting on weight and no longer felt good about her body.

First Meeting

Su had her first monthly session with Lucy on 22 March. During this session, Lucy: *Bottom left* conducted a thorough investigation into Su's current state of health by putting her through a rigorous physical assessment to see what her blood pressure, weight, body fat and overall fitness levels were. She then had to complete numerous questionnaires about her eating habits - what she ate and when, her stress levels, her sleeping patterns and whether she had active parasites!

Three Counties Radio listener Su Martin: Bottom Right

Her answers revealed that she had activated her parasites (apparently easy to do when our bodies get stressed or we eat too much poor quality food). Lucy's first task was to rid Su's body of these organisms.

Su's goals were to tone up and reduce her dress size to a size 10/12. Getting rid of her parasites was the first step to this goal, so Lucy asked Su to follow a specific diet for the next two months.

Second meeting

The ladies met up again on 19 April. Su had lost 4lbs of body fat (8 packs of lard!) and felt that her energy levels had soared. She looked great and was surprised to find that she had lost weight without actually feeling as if she was on a 'diet'. The instructions Lucy had given Su to kill her parasites had been easy to follow - switching to organic foods, increasing her water intake and drastically reducing her sugar consumption!

"I feel great, I'm finding the exercising really enjoyable - quite tiring - but on the whole everything's hunky dory really!" *Su Martin*

Lucy now introduced some exercise into the programme for Su to complete three times a week. The exercises required no equipment and were simple all-over body exercises to tone her body and increase her metabolism. Combined with the eating plan, the exercise should increase Su's weight loss to 2 lbs per week.

They meet again!

Lucy and Su met up again at the Luton Studios on 17 May when they looked at Su's diet in more detail. By now, Su had been on her parasite diet for nearly two months. On John's Afternoon Show, Su told the listener's how she was feeling after following Lucy's regime, "I feel great, I'm finding the exercising really enjoyable - quite tiring - but on the whole everything's hunky dory really!" enthused Su.

Su has found power walking really useful - walking at speed. Lucy confirmed that it's great for exercising all the body without putting too much strain on it either. She suggests aiming to walk for around 15 - 30 minutes, at least twice a week, at a steady striding speed. An ideal gauge is to be slightly out of breath, (but still able to hold a conversation with someone) and feel as if you're getting up a bit of a sweat.

Personal Trainer Lucy Childerley

Lucy told John she is really pleased with Su's progress, "Su has done really well, sticking to the diet and exercising twice a week."

She was also able to confirm (much to John's delight) that Su has now got rid of all her parasites, so they can now find a diet to suit Su's metabolism and lifestyle! Su will be closely monitored to see how her body reacts both physically and mentally with the changes she has undergone. She will continue to follow this change in lifestyle and now hopefully begin to get even more exercise done to start toning up her muscles.

Progress

Over the following months, we will be keeping you up to date with Su's progress - don't forget to come back and find out how she is getting on!

