

Fit for Life

with the help of a personal trainer



Paul Ryman, Personal Trainer

An interview with Paul Ryman, Personal Trainer

When it comes to leading by example, Paul Ryman is an inspiration. His many accolades include; Team GB Age Group Triathlete, 3 x Ironman Triathlete Competitor, ASA level 2 swimming coach, BTA Triathlon Coach and Personal Trainer to professional athletes and teams. So we asked Paul how personal trainers help people become fit for life.

How would you encourage someone like me to make fitness part of my life?

I give you motivation, commitment and experience - so that together we can achieve your own personal goal whether it's losing a few pounds or running a marathon. I take a fresh approach to fitness and will advise you on all aspects of nutrition, lifestyle and training schedules and programmes.

Sounds good but there must be limits - not everyone wants to be or can be a cross county champion.

I have worked with all sorts of clients who all have very different personal targets. With a structured, achievable

programme - anything is possible!

So what areas do you focus on?

The main areas are weight loss and nutritional advice, strength and conditioning, core stability training, strength and endurance.

Who do you help and how?

I help private individuals to achieve a better quality of life through being healthier and fitter, with tailor made fitness programmes including weight loss, diet, and fitness.

I have helped a number of clients who have been referred by their GP to assist them improve their fitness levels in a controlled and measured way.





I have helped many golfers, runners, triathletes, tennis players and swimmers – all seeking to improve their performance and achieve their fitness goals.

So what would you say is the biggest challenge for people wanting to get fit?

Just getting started is the most difficult part. That's where a personal trainer can really help.

Why do you train your clients outside?

Even if you're not a "nature person", getting outdoors and surrounding yourself with a natural environment is a wonderful way to release built-up tension. It can help put things into perspective and allow you to take a step away from the stresses you're experiencing. Doing exercise outdoors may be just what you need; to take a step out of your "life" and experience the bigness and simplicity of the world you're living in. You are living in a beautiful world; give yourself a moment to experience that beauty and melt away some stress by doing so.

What about for people who would prefer privacy?

It's all about what the client wants. We can train in the comfort of your own home with your own facilities or I can supply most pieces of light equipment.

So how could you help me?

Having me as your personal trainer is the safest and most effective way to achieve your health and fitness goals. Whether you are looking to lose fat, gain muscle, reduce stress or increase your strength and flexibility, I can help. I will provide you with the guidance and knowledge you need to achieve the results you desire! By carefully analysing your personal goals, exercise history and fitness assessments, I will design an exercise programme that is safe, effective and specifically tailored to your individual needs. You will see results - guaranteed!

You've convinced me! I want to get started. Where can people get more information?



For more information of my services
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