



Let's face it why would you want to go to a gym and get negativity from younger, fitter, stronger gym members and staff.

Hello

My name is Patrick Land.

I am a personal trainer who works in the Melbourne area.

I am mobile which allows me to visit my clients and train them in the atmosphere they feel most comfortable in. Furthermore, I bring all of the necessary equipment with me.

We can train at your home, in your garage, spare room or outdoors at the local park.

You can choose your hours, even at work during your lunch break.

I also have group sessions where people from work or family get together to get fit and have fun. Group sessions are a great way to get & stay motivated.

You don't need to have a gym membership or have ever done exercise before. It simply doesn't matter where you're starting from, I can improve your fitness and motivation.

The answer you never want to hear.

Have you ever been in a conversation with someone and they started talking about their plans or dreams for the future?

You listen intently and decide to open your heart and confide to them your innermost dreams only to get the reply...

“What, at your age!”

“In your condition!”

“With your bad back!”

“As if!”

Or, the best reply of all,” IN YOUR DREAMS, TUBBY”.

Unfortunately these comments dig deep and embed themselves in our minds so that we begin to believe all of the negativity.

Guess what?

IT’S ALL CRAP

The fact is you are going on a journey right now.

You are reading this message because you WANT to make a change.

Getting into condition is as simple as getting out of condition.

At what time do you decide “THAT’S IT, I’VE HAD IT”.

The first thing you have to do is sit down in a quiet area away from everyone and tell yourself that “I am what I am because of the choices I have made”. Unless you have an underlying illness of course. Which also needs to be addressed. What if the foods you are eating are the cause of your problems. Along with lack of or no real exercise.

That’s right, stop blaming everything and everyone.

Take responsibility for your choices.

Start making healthy choices and gain knowledge.

Take small steps in the right direction and you will get results as long as you keep going.



Focus on a step by step plan that you and I work out together to get the best results.

Replace bad habits with good ones.

When we give something up we leave a gap in our routines. So, replace that bad habit with a good habit. After time you will have forgotten your urge to go back to your old ways.

I know what you're thinking

Sure, it's easy for you to say.

I was extremely unhealthy and had a lot of bad habits. I now am fitter than I have ever been.

I just started to make small improvements in my diet and exercise routine and didn't look for instant results. And that's the crunch folks. We all look for instant results because that is the world we live in. When we feel we are sacrificing something we want instant reward.

I had all of those conversations with people where they put me down for wanting to improve myself. Fact is that sometimes you really have to look at the people around you because sometimes they reflect who you are and your social habits.

If finding new friends is what it takes then just do it. I know it's not easy to make good friends but what if you need to make changes for your own good and they do not support you. Find people that will and enjoy the journey with them. The journey is only half as much fun if you do it alone.

This is where a good personal trainer comes in. He or she is the best kind of support you can get. Informed friendly guidance to plan and achieve your goals.

OK, so let's go through the excuses

How long has it been since you first thought about getting fit before you actually did some exercise?

I think I have the world record. How about 20 years?

That's right! 20 frustrating years of being overweight and telling myself that this weekend or starting next month I will start exercising, knowing that I was going to put it off once more. And when we tell our friends or family of our plans, they just say "Yeah, you always say that" with a smirk on their faces.

The negativity is one thing but what about the many things I didn't do because I was too tired or embarrassed about my condition.

Once I went down a slide at wet and wild with the kids and got stuck half way, blocking everyone behind me only to be greeted by the attendant shaking his head in anger.

I cannot tell you how depressed I got that day and how many Tim Tams I ate in self loathing.

You cannot be good for others until you are good to yourself

Why we do not succeed at getting in shape is a complex problem for most of us.

Having someone to meet regularly means you have to commit to making your health a priority.

Most of the time we put **everyone and everything** in front of what is really good for us.

There is nothing wrong with a little **"Me myself I"** time every day.

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