

## Personal Touch Fitness really do give the 'Personal Touch'

15 years ago I was introduced to Personal Touch Fitness (PTF) when I joined the fitness centre at the corporation I was working for at the time. PTF were and still are the in-house fitness provider at the corporation that is a testament in itself to the service provided by PTF. PTF provided fun and energizing classes, planned, implemented and delivered events such as volleyball, softball and exercise programmes for all fitness levels. The passion for employees' wellbeing and their commitment to excellence and innovation was always evident and clear to anyone that walked through the door. Exercise programmes and Personal Training were personalized to my goals and exceeded my expectations and definitely outshone the commercial fitness centres I have been too. Internal events that were organized by PTF were popular and through them I got to meet other employees I wouldn't otherwise have met. This enabled me to meet new people from different departments and form great working relationships. This and exercising. What a result.

And so my journey continued.

As the corporation restructured, my work pattern changed. I wasn't able to attend the fitness centre at work as my travelling increased and thus my hours. My attendance to the fitness centre suffered and I wasn't focusing on my eating habits. This went on for several years until a couple of years ago.

I started to focus on nutrition as I noticed my body wasn't responding to exercise in the way it used to when I did manage time for exercise. Previously, I was able to get away with eating large quantities of food from all food groups and not be concerned about how I felt. A set of readings on the Tanita scales revealed that with my increasing age my body had slowed down. I was not burning fat and my muscles were fatiguing. Metabolic age - 49, visceral fat around 12.5 and a BMI pushing 27 suggested obesity and health problems were going to creep in. This coincided with performance at work as energy levels would fluctuate throughout the day causing peaks and troughs in my ability to focus and think.

Taking control, I kept a food diary for two weeks, which revealed to myself the imbalance in my diet, and the frequency with which I was eating was not working. I gave myself six months to

correct my eating habits and exercise programmes. Focusing on eating 5 times a day with 2 snacks, limiting food quantities, and taking protein shakes and bars to supplement meals. The results were dramatic; my metabolic age dropped - now 32, visceral fat reading around the 7 mark, and BMI of 15.9. The change resulted in enhanced levels of concentration, focus and energy which enabled delivering better results in the workplace. My line manager quoted "Whatever you are doing keep going, you are unrecognizable from 6 months ago". Feedback became consistent whomever I worked with. This led to making changes at home. I reevaluated what was in the cupboards. Food products we buy support healthy wellbeing; chia seeds, almond butter, kale chips to name a few. Behaviours such as overeating have been curbed and we enjoy food and that gives energy to be productive through the day.

I am less regimented when and what I eat, knowing I can switch back and return to peak fitness by the behaviours I have learnt. I am able to purchase clothes that have a more fitted look, which increases confidence and enables increased productivity in work.

The passion and delivery of the fitness centre 15 years ago by PTF was the pivotal point for me. I enjoyed the experience of attending an in-house fitness centre within my workplace and thus my journey began. I went back to behaviours that I learnt from Personal Touch Fitness. PTF are proud to say I look better now than I did 10 years ago and with the big '50' round the corner I couldn't be happier.

Thank you PTF for your passion, delivery of service, and dedication to setting employees of corporations on their journeys. I know you have done this for many and it is life transforming and sustaining.



*Sunil Jidnal, former member of fitness centre*