

Fitt and Fabulous
Personal Trainers Evaluation

Name Dorothy
Age 28

Testimonial your personal opinion about Raquel and her personality and style, as a Personal Trainer and as an individual.

Please be honest and tell me how you feel you don't have to be nice.

Raquel is a very uplifted and positive individual her personality makes you want to surpass your limitations, she has extreme beliefs even when I was not sure about my own results. Basically she believes in you even when you don't so that contributes to motivate you and to reach higher goals

How does Raquel of Fitt and Fabulous differ from your experience with other trainers, or your idea of how a trainer is supposed to be? **Ex. Educated, explaining the exercise, correct proper form**

I did not have previous experience with personal trainers however Raquel changed the image that I had of personal trainers, because of her educational approach. She focuses on your strengths which she uses as a lever and she strengthens your weaknesses by educating you about the positive benefits and rewards associated with eating well , excising and taking care of yourself as a hole.

How does Raquel of Fitt and Fabulous conduct her involvement with you as the client when training? **Ex. Hands on, encouraging, pushy, not attentive**

She is a very hands on trainer, that finds creative exercises that fit according to your level of fitness. she is very motivating and result oriented basically she defines your personal goals and she makes sure that you reach them

What do like about the style of Raquel of Fitt and Fabulous training? **Ex Intensity level, variety of exercise**

She uses a variety of ex. In the same training and for secession to secession which makes it fun and the creativity allowed me to find each secession unique and unexpected. The intensity level was always adjusted according to my fitness level increasing from secession to secession.

How is Raquel's personality while training with you? **Ex. Fun, up beat, drill sergeant tough, mean etc.**

Raquel is very upbeat and she does not waste any time she made sure that I intensively benefit from the whole hour training secession Therefore this has helped me set the pace and be focused in training, this has me be more goal oriented as well.

What has been your progress since training with Raquel? **Ex. Motivating, goals met, more educated**

I have met my goals of tightening my abdominals in a short period to time; I have been focusing much more on my Nutrition but adapting better eating habits. I am more motivated and by being able to reach my goals it has helped me set higher one to achieve.

Would you recommend Raquel of Fitt and Fabulous as a Personal Trainer if so why?

Yes I would recommend Raquel because she finds the best in oneself makes you realize what is best in you and ensures you too reach your goals by focusing on your strengths and strengthens your weakness.
