

Fitt and Fabulous
Personal Trainers Evaluation

Name: Shadiah Ceballos
Age: 28 years

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.

As a personal trainer, I think that Raquel is very easy to work with and very motivating. She is also upfront and honest, which in my opinion, is very important in order to establish a good trainer-trainee relationship. She takes her time when she knows you're in a 'not-so-good' condition or pumps you up when she knows that all you need is a little more push.

As an individual, I think that Raquel is very generous, kind and understanding. She's extremely easy to talk to and is a no-nonsense type of person. I enjoy spending time with her even outside of training.

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

Actually, Raquel is my very first trainer and she is exactly what I thought a trainer should be like, if not more, since we developed a friendship even after I stopped training with her. She was very patient with a newbie like me.

I was looking around for a trainer at the different gyms in Montreal and was a little intimidated by all the people, equipment, and prices that were out there. After a friend recommended Raquel to me, I found more comfort in having an actual "personal trainer" that was able to meet with all my needs and was more hands-on and had a more private setting where one can be comfortable training.

She explained all the exercises and their forms to me over and over and over again, many, many times. She never lost her patience. Even though it was a lot of work, it was also fun at the same time as we would talk about anything under the sun while training, making the time and pain pass by without knowing it.

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

Raquel is pretty hands-on when it came to training. She would workout right next to me at times, to make sure I had a guide. It worked for me, because I didn't know much in the beginning. I needed that constant guidance and discipline. Sometimes, she can get frustrating too because she will push you until you want to cry, but that's the way it goes, no pain, no gain. I knew that going into the training, and was happier with myself when I left knowing that the pain and sweat was paying off.

Also, she is very good with detail. She will give you a scientific explanation for everything. She's like a walking Human Anatomy and Nutrition book.

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

I liked the fact that she was there doing the workouts with me. It's more motivating to me to find that my trainer is also willing to break a sweat instead of just commanding and watching. I also liked the variety. There was always something new to learn every time. I loved the tools we used (except for the step ladder thing, my least favourite exercise), because they were simple and you can find substitutes for them when you're home so you can do the exercises at home too. I also liked the fact that she was there to correct you or assist you every step of the way. It's very much needed especially when you're not as strong as you should be just yet.

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

Raquel was a little bit of everything depending on the day. Sometimes she would be a drill sergeant, sometimes she wasn't. Mostly, it would be fun because we would talk about everything while training, which would make the time and the pain pass by faster.

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

Even though I have stopped training (due to personal reasons), I have learned quite a bit from Raquel. I eat better these days and I still try to follow her advise whenever I can. I am more aware of the exercises and the effects it has on our bodies. I cam out of training more educated and would go back when I can.

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

Yes, she helped me both physically and mentally. I think that's very important when it comes to training. She is easy to work with and is very encouraging. She will make you feel comfortable and not be intimidated by what all the other places offer. She has more of a one-on-one approach which I find is more personal, therefore more beneficial to the trainee.
