

inspire >

Before



After



“DANIELLE WAS GREAT AND JUST ENCOURAGED ME TO REGROUP AND GET BACK ON TRACK – AND I DID!”

## CLIENT: KAREN SMITH

**Age: 44**

**Profession: Public Relations + Marketing Consultant**

When I look back at photos of me as a teenager and in my early 20s I can't believe I thought I was overweight. It's amazing how powerful the mind is and how the perception of reality is significantly blurred by our own beliefs.

Looking back my real weight problems only started after the birth of my daughter. I didn't put on a bucket load while pregnant but slowly over the years, thanks to minimal exercise and no understanding of food, the weight crept up and up and up. My mum is a serial dieter and unfortunately I chose that same road for a number of years, with all diets having the same outcome. I put the weight I lost back on – and more!

In 2011 I decided I would try an online program. I was very determined to get results this time and ended up losing 20kg over three rounds. The thing it taught me was that you can get results and feel fabulous but it takes dedication; there is no easy fix.

Unfortunately the program didn't teach me how to make a complete lifestyle change. I was fine while I was on the program but each time I finished it was party time and eventually most of the weight crept back on.

By Christmas 2013 I was again overweight and in major pain from my hip, but I knew I needed to turn it around again. I knew I could do it. The timing was perfect; Danielle needed someone to train as she completed her PT course and I was ready. Because she was a friend as well as my PT I didn't want to disappoint and was more determined than ever to make sure we got results.

I remember one day after having a blowout, calling her from the shopping centre car park crying to tell her what I had eaten. She was great and just encouraged me to regroup and get back on track – and I did!

Working with Dan I saw results immediately. She was not only helping with PT sessions, she also helped me with my nutrition. She taught me to keep it as clean as possible and that food was fuel for the body; if it wasn't going to do any good, don't put it in. This was a complete lifestyle change, not another silly diet.

I officially became her first client and we haven't looked back. In November last year I joined the gym and we started weight training with the 'big boys'! The change that resistance training has had on my body is incredible and having a PT right there to guide me has been amazing.

Although I am limited with what I can do with my hip, Danielle has adapted my training programs to suit and ensure I've got great results. It proves that with the support of a professional PT you can achieve anything.

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Photo: Greg Smith/Kapture



## TRAINER: DANIELLE APPI

**Age: 44**

**Job: Personal trainer, bootcamp operator, group fitness instructor**

I met Karen five years ago when our girls started Prep together. This was actually before either of our fitness journeys had started. Fast forward a few years and I was a qualified group fitness instructor and Karen had done a few rounds of a popular online program. She did amazingly with this and had completely transformed her body.

Karen and I started meeting before school pick-up to go for a run and motivate each other. It wasn't long before a hip injury impeded Karen's ability to run so we had to stop. It was devastating to discover that Karen actually had a much more serious problem than we had anticipated; she needed a hip replacement due to undiagnosed Dysplasia from childhood.

Fast forward again to Christmas two years ago when our families were on a camping holiday and Karen was at a really low point, physically and emotionally. Faced with expensive hip surgery and having done little exercise, Karen's weight had crept back up to where she had been prior to the online program. She was in pain and desperately unhappy. At the time I was just about to finish my PT certification and needed a 'client'

to start working with. It was the perfect fit for both of us.

To say Karen was a dream first client is an understatement! Despite the very real pain she suffers she has always done every task that I have set her without complaint. We have been very careful to work within her physical limitations and focused on what she COULD do rather than what she couldn't.

Karen had learnt the importance of regular exercise with her online program but didn't really understand the importance that nutrition plays in the battle against excess weight. Now she is a mean, lean eating machine, and as you can see from her progress shots she's looking fantastic!

Our journey together has not ended! Karen is having her hip surgery later this year and her doctor is thrilled with how fit and healthy she is going. We will continue to work together post-op in order to maintain her healthy weight and then start the process of slowly rebuilding her strength.

This lady is an inspirational fighter and one who will always hold a special place in my heart as someone who never, ever gives up! **UFM**