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## 3 top tips for a body transformation

MK personal trainer and nutritional advisor **Joana Todor Back** offers 3 tips to help you transform your body – just as her client D.T has done!

I have been in and around gyms for the past 12 years and seen how many of us sign up for a gym membership with the best intentions of getting in shape.

At the beginning there's the excitement of the new outfit, the new bag, a matching water bottle but slowly over time the novelty wears off and we become disinterested.

This doesn't happen because of a lack of desire or motivation, but a lack of understanding of how to train our body to achieve results.

Lacklustre results lead to cancellation of gym memberships and we find ourselves back to stage one, asking ourselves, "Why can't I look like the guys/girls in those fitness magazines? Why is it so hard?"

The answer to those questions is that there are lots of variations in training that can give us the desired result we are so longing for.

If we find the right one then it is all about three things – being consistent, training instead of exercising, and progressively overloading.

### 1) Consistency.

From experience I know that this is the main issue people stumble upon when starting a new regime – it's quite normal and we are all the same.

With all of my clients I stick to these simple steps. Define a specific and realistic long term goal to work towards, also set little short term goals which will act as stepping stones and, each time these are achieved, make sure to



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give yourself a reward. Take full body photos and always compare the weekly average weight, not the daily scales weight. Be purposeful with your workouts, keep a log book and have a set routine.

### 2) Train! Don't exercise.

What is the difference between training and exercising, you may ask?

Exercising is mindlessly moving from exercise to exercise, from machine to machine with no goal, no purpose and no intensity to your training.

Training, on the other hand, is focusing your time and effort in the gym that creates a more goal-specific, intense training environment that will get you results.

### 3) Progressively overload.

Progressive overload is the gradual increase of stress placed upon the body during training. This can be done by increasing the resistance

used, the amount of sets and reps you do, reducing rest times and even by altering the tempo of your movements. The principle is quite simple in its application, it only requires you to work a little more each time you train.

My personal training methods work, as you can see from this testimonial from D.T (pictured, before and after).

### Client testimonial.

"Before I met Joana in June 2018, I had a very thin/non muscular physique despite exercising. So I turned to her for advice – I wanted to feel strong, learn how to use weights correctly and work on my body composition.

With her knowledge of flexible dieting I've managed to transform my physique.

I now feel more body confident and I am more outgoing than ever. I couldn't ever go back to my old life and I know that with Joana's help, anything is possible."

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