



## Not Getting Results With Your Fitness Program? Try Personalized Training!

By Judy Phillip

**Have you noticed that usually we get serious about getting fit when a special occasion is coming up?** In my case, it was my wedding.

I was 38 years old and was to marry my Prince in January 2008. In September 2007, after finally finding “the wedding dress,” I decided something had to be done about the extra ten pounds that clung to my mid section, and my arms and other areas needed work too.

**In the past, nothing had kept me on track.** I had given up my gym membership, aerobic videos bored me, and from among the 5 personal trainers I’d used, some were okay, but others were horrible! I felt like I was paying to have someone watch me exercise and then make me run a mile ... I hate running! Thus began my journey to find someone to help me.

**I was led to Carol Tebbe, the owner and trainer of Fitness On Call,** by a 60 year old friend (who looked amazing!) who raved about her wonderful trainer! After this great testimonial, I met with Carol to discuss my fitness issues and goals to be in shape by my wedding.



**My past experiences made me gun-shy but I was soon relieved** – Carol was personable, not pushy. I liked her style, her personality, and also the fact that she gave me a customized, personal assessment for free! She explained her special type of fitness program, called “personalized training” which would be all about me! Carol’s services were also very affordable – less than the monthly cost of my health club membership!

**I started immediately!** My “personalized training program” was only three days a week. Within six weeks I saw noticeable changes! Even better were the compliments I received – especially from my fiancé! I was ecstatic and, more amazingly, I LOVED working out.

**Carol was unique and special** – every workout was different so I wouldn’t get bored. We worked out together in her private studio, where she would show me new techniques and kept me motivated.

It helped that Carol worked her schedule around mine – how convenient! There was no excuse not to workout!

**When my wedding day arrived, I felt beautiful and in great physical health** – due to Carol Tebbe and her “personalized training” approach. © 2008 DuPage Woman Newspaper™

*As the owner and trainer of Fitness On Call, Carol has been an athlete for over 20 years and has extensive experience in the fitness industry. She is not your usual “personal trainer” – she believes in giving 110% dedication, and is available seven days a week with flexible hours. She can meet you at her private studio or other locations more convenient for you.*