1. What made you decide to try personal training?
   I felt that I needed professional guidance while working out. I hurt my back once before and I didn’t want to repeat that. Plus, it always helps to learn from someone who knows what they are doing.

2. What package or how many sessions did you purchase?
   Healthy Habits (16 sessions)

3. What advice would you give someone considering Personal Training?
   I would tell them that my only regret is not starting personal training sooner.

4. What has Personal Training done for you?
   When I started I could barely walk at a fast pace. Now I can run a mile under 10 minutes. I have Amanda to thank for that. Without her help and support, I would have given up after a week. I have learned a lot from her, and if I wasn’t moving soon, I would have definitely continued the training for the rest of the year at least.

Interested in working with a Personal Trainer?
Visit UND.edu/wellness or see a Fitness Desk Associate for more information.