

SKI FIT: “WHEN SHARON MET ALI!”

When I reached my 50th, I had a mad moment, when I decided I should try ski-ing for the very first time!! The good news was that I survived – no broken bones – loved it, and even better did not suffer from any muscle aches and pains – thanks to **Carswell Gym!**

I had a fantastic week. I stayed with Alison, one of our PTs currently working in Anzere, Switzerland.

What made all the difference was **my PT sessions with Chris at the gym**. I did 10 once a week sessions at the gym, focusing on my ski-ing trip and my fitness level was fantastic. I was able to walk up and down to the chalet with no problem (even in the altitude) and I had no muscle aches or pains during the week. I would highly recommend, actually insist, that if you are going off to do something more physical than you are used to, just **get some PT sessions**, explaining what you are trying to achieve. I certainly would not have been able to do what I did without my **PT sessions!** Don't just think you are fit... do some PT to find out! No pain, no gain!

I am now back from my great adventure to Anzere with Alison – and have just had a **further PT session....**I think I was better than I was before I went...but Chris may say different.

Finally, I may not be a complete beginner now, but not sure that I have reached the giddy heights of "advanced beginner". End of week report declared: "You have lots of potential"!!! Need to work on that!!!.....with the help of **my PT sessions!**



Sharon Wilson 25 January 2012