

One To One Personal Training + Lifestyle Changes

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nutrition before discussion centres on their fitness goals.

"Based on that assessment, we develop a fitness program inside the studio as well as for the home and off-days. We also give them tips on healthier eating and assistance in improving poor lifestyle habits," she said.

Each session involves the use of cardiovascular equipment and a specially designed resistance training program under the watchful eye of the personal trainer.

With almost a decade in the fitness business, DiRocco-Supryka said her goal has always been to teach women, primarily, "how to feel confident about exercising and feel comfortable with their bodies.

"I'm also teaching women about strength training and how empowering it is for women to become stronger and see their body shapes change. It's not so much a focus on weight loss but it does occur."



Intelligencer photo by Henry Bury

Andrea DiRocco-Supryka operates One To One Personal Fitness Training and Lifestyle Changes.

Intelligencer - Apr 8/00 p.15