



NEW ZEALAND FITNESS PERSONAL TRAINER OF THE MONTH



The highly sought-after Personal Trainer of the Month award goes to **JONATHAN CALLINAN** of Auckland

« Jonathan Callinan, 30
Personal Trainer
Les Mills
Auckland Central

Sandra Lund searched and found Jonathan Callinan via the web in early February this year. This story recounts how their bizarre meeting up helped to reignite Sandra's passion for adrenalin-fuelled sports, but also regain waning confidence in her own physical achievements.

I love extreme sports and my current training includes rock climbing and kite surfing. I have been rock climbing for a while but my abilities seemed to have plateaued severely and I kept injuring myself! My latest injury was constantly aggravated by my kite surfing endeavours. Fed up with slow recovery times and the fact my fitness was plummeting, I decided to find a personal trainer to help me get back on track.

While searching the web, I came across The Wellness Directory, an informational health site with over 80 types of alternative therapies including fitness services. Little did I know that the founder of this website, Jonathan Callinan, would also turn out to be my chosen fitness

coach! However, after our first meeting I knew I'd found the right trainer ...

Since our first session together in February this year, I've experienced significant improvements in my general health, posture, fitness and, importantly, my sports performance. Our sessions regularly vary and include interval training, coordination and stability exercises, resistance work and specific stretching. The variation of exercises means I never get bored and I am motivated to push myself so I can pack the most into a 60 minutes workout. Jonathan caters for my love of the outdoors and hence most of our sessions take place in local parks. I believe if you are comfortable in your training environment then you will perform better. As well as providing valuable nutrition advice, he has referred me to massage therapists and herbalists who have also contributed to my newly-found energy levels, motivation, enthusiasm and confidence.

Even if you lead an active lifestyle, I've learnt there are still

things you can do to improve your quality of life. I now stand taller, walk with more confidence and just this week managed to stand up on the kite board for the first time! »

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» If you are a personal trainer and have an interesting story to tell, write in to us, keep to 350 words and send in one or two high res jpg images (at least 2MB) wearing what you would wear as a personal trainer. For our August / September issue, please send in by 1 July.
Send to: info@methode.co.nz