Amanda’s Story (the long version 😊)

At the ripe old age of 31, having gained a lot of weight through and after my pregnancy with my daughter, I decided I had to do something positive to get myself into a healthier routine that wouldn’t mean starving myself. I love my food and my experience of any type of fad diet only ever seemed to make people miserable or end up drastically losing weight and then piling even more back on. Initially, a friend from my ante natal group and I just started walking in the evenings once the babies were settled but after a few weeks we decided to try the gym. However, I struggled with motivation in the gym as my fitness level felt so poor. This was particularly hard since As a teenager I had always been a natural athlete and dancer and sport/fitness generally seemed relatively easy to me. One day as I lay mindlessly stretching after a workout, I noticed a very sweaty smiley group of people exiting the fitness studio. Having heard the booming bass and felt the floor and windows shake I was curious to know what they had all been doing. I felt too self conscious to go and see however, the sound of the music was so thrilling to me that on my way out I stopped and asked the receptionist. She talked me through the group exercise timetable and which classes might be a good way to start and so my friend and I bit the bullet and ~~my friend and I~~ booked onto a class the following week. As the old saying goes “the rest is history”.

Group exercise motivated my fitness to a whole new level and left me in no doubt I wanted to be involved in changing other peoples fitness in a similar way. The more classes I did, the more I wanted to do. It felt so good in such a fun way and pushing my fitness levels up so quickly. The weight just started to drop. I didn’t diet and in fact probably ate more but made better choices as I didn’t want to undo my hard work and I felt incredible.

I had worked closely with my step father, who had his own Record Company and Orchestra producing Strict Tempo music for Ballroom and Latin dancing, prior to having my daughter. Whilst I was very lucky to be able to go back on my terms, I realised I wanted to be able to be at home in those early years. My job previously had been running the office for him. He was a wonderful musician and musical director and I was very lucky to travel with him and the Orchestra and music was such a huge part of my life. I couldn’t ever imagine having a job that didn’t involve music. Group exercise was the perfect way to for me to get fit and have a part time job that enabled me to enjoy motherhood too. The group effect was infectious, the music made exercising exhilarating and it was the perfect job for me. I never imagined early on that I would also enjoy the challenge of one-to-one training until one day my friend’s husband wanted help to get fit for his 50th birthday. I really resisted as I felt I wasn’t qualified enough to take on the challenge. Just like me back in the early days he didn’t want to go to a gym or even to another trainer he didn’t know. So as I struggled to find a birthday gift for him I decided reluctantly to give it a go. We had just under three months to get the job done and I was extremely proud to stand and watch at his party the abundance of compliments he received after losing 2 stones of weight. In addition to feeling fitter than ever, his asthmatic symptoms and blood pressure had reduced, plus he looked fantastic. I decided to go for it and booked onto a Personal Trainer course. I very quickly started to love helping people on their personal journeys alongside the group exercise. I feel so privileged to have helped many clients with all differ to types of health issues and anxieties. My onset belief that movement is medicine and knowing in my heart I can help someone get to a place they couldn’t get to alone has proved itself time after time. It’s heart-warming and the best feeling ever.

When a certain little virus called COVID hit and sent us into lockdown and ultimately shut all gyms, I like everyone was left reeling and panic stricken about how I would make ends meet. I had no kitchen as it had been ripped out two weeks earlier and the idea of home schooling two children seemed utterly daunting. What lockdown did allow me to do was to stop and reflect on life and taught me just how important my ‘fit fam’ are to me and to each other. Keeping our community together was an absolute priority and with the exact same feeling I had when asked to train my friend’s husband, another friend told me I must get online and teach my classes. I thought never in a million years would I be able to connect with everyone over Zoom but, there was no alternative way of reaching out to everyone. I missed everyone, the energy and effort everyone brings, not to mention the jokes, camaraderie, friendships and the sense of community. So, I set the PC up in my front room that was housing half the kitchen and it was amazing how we managed to keep the connection in a way I didn’t think possible. When I sadly lost my Dad2 during that first lockdown it was without doubt my FitFam that pulled me through my grief. I have since gone on to teach classes for the elderly in a Care home with his wonderful music and I am so proud his legacy lives on in my work.

So after more than 15 years of racing round gyms, sports halls and venues, I finally made the leap and retained my on line classes with members joining from all over the world on their travels never again having to miss out on their much loved workouts. Keeping a couple of live classes in person to give people the chance to still work out together in the flesh. In 2022 I launched NOBODIES PERFECT, a long-held dream of bringing health and happiness and connecting people with each other to have fun and get fit in the process. I believe enjoying your fitness is so very important.

This is the story of my journey. Whatever your story that has brought you to the point of embarking on becoming fitter, stronger and healthier, let me come along as you achieve your goals.

My mission is to bring people together, creating a time and a place where we workout together, support one another and celebrate each other’s successes. Movement is indeed medicine but you can’t beat getting fit together with a great bunch of people. I do NOT believe that ‘one size fits all’ or we should seek the perfect airbrushed image to model ourselves on. I want my ‘fitness family’ to be focused not on how they look but much more importantly how they feel. Nobodies Perfect but**….Let the adventure begin.**