

“I have a personal trainer”

by Marcella Giacone

This statement is something that you hear from the film stars. Something more luxurious than manicures and facials.

Surely I don't need a personal trainer, I can just go to the gym like everybody else? But maybe this is JUST what you need especially if you are dreaming of getting back your figure after childbirth, even if that *was* three years ago....

Besides, you gave your body up for nine months to produce a beautiful baby (or babies) and since then you have devoted your time and effort to caring for that child or children. Now who deserves a bit of pampering? Why should you not invest the time and money to get your figure back to what it was...or even better! I am SURE your husband will also appreciate it. Oh, forgot to mention, that it's good for your health as well.

My eyes were certainly opened by the interview I had with Jerry, a personal trainer in the Zurich area.

Why, in your opinion, is a personal trainer better than just going to the gym with a group of friends?

Jerry: A personal trainer can focus on problem areas of a person, can correct the person if they are doing things wrong but most importantly can motivate the person, which encourages better training and therefore quicker results.

Do you require the customer to come to you or a gym or do you go to their home?

Jerry: I prefer to go to the individual's home, but am flexible if they wish to visit me or attend a gym with me.

Are you specialized in any specific field of training?

Jerry: I studied "Science and Medicine of Sports" at the Johann W. Goethe University in Frankfurt, and I use a combination of several methods such as Pilates, Yoga, walking, stretching and strengthening exercises to achieve the overall fitness of my customers.

How often do you recommend the training?

Jerry: To achieve a good result I recommend two times a week and for a quick success then four times a week.

Do you expect the person to do homework between training sessions?

Jerry: If we meet twice a week, then no extra training is required but of course it does help to get quicker results.

How would you describe your approach to the training? Are you tough?

Jerry: Yes, I do consider myself tough, but of course I only push a person to their limit and not beyond. Not being able to walk the next day is NOT what I call a successful training.

What is your experience in training women after birth?

Jerry: I have trained several women after childbirth and find them more motivated to achieve results than most business men. I don't know if it is because of the childbirth process or just the feeling of being out of shape, but the women have ALWAYS



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surprised me with their commitment and perseverance. The results of training after childbirth are also quickly visible, which is a great motivator for me. I, however, require that all new mothers receive an 'OK' from their doctor before beginning training.

Do you have special exercises that focus on finding and strengthening the pelvic floor muscles?

Jerry: Yes I have done a lot of personal research into the pelvic floor muscle and have found that exercising all the muscles in the pelvic area achieves the quickest results and helps to strengthen the upper legs, the gluts and lower back as well as the pelvic muscles - all of which are weakened during pregnancy and childbirth.

Do you do sessions only on a 1-to-1 or would you also train a group (two or more)?

Jerry: the best results are achieved 1-to-1 since I can focus on a person's individual needs, but I also accept training up to three persons at a time.

What is your experience with training mothers when the children are around? Is this a problem for you?

Jerry: I love children and have had some funny experiences when the children have participated in the exercises with their mothers (and sometimes do better). If the child is a few months old then it can be

great fun doing some of the exercises with the child. A sit up with the baby close to your feet can really create the giggles in both baby and mother.

Have you trained anybody famous?

Jerry: I have trained many CEO's of companies and Victor Graf Dijon von Monteton, the 22yr old German pianist.

What is your price?

Jerry: Each session is one hour and I charge CHF100 per hour. This includes my travel if it is in the canton of Zurich. If you book 10 sessions you receive one lesson for free.

Do you require any special equipment?

Jerry: I use what is available. The basic I need is a matt, a medicine ball, rubber ball, rubber band and dumbbells for walking, which I can bring with me, but an exercise ball, weights and exercise machines can of course add more variety to the workout. .

What is your background?

Jerry: I have lived 14 years in India, eight years in Germany, four years in Spain (Barcelona), six months in the Canary Islands and now 1.5 years in Winterthur. I speak English, German, Spanish and three

Indian languages fluently and can also communicate in French. More than 60% of my customers are English speaking. I studied in Frankfurt and have been a personal trainer for seven years and am 28 years old.

Why do you enjoy being a personal trainer?

Jerry: I love LIFE, I love fitness, I love coaching, I love to see the individual success of my customers.

I create a personal relationship with all of my customers

I love to see people improving their health and strength, which in turn usually improves their happiness, motivation in life and quality of life.

My motto is, "Success is when preparation meets opportunity."

What are the two big decisions you have made this year?

Jerry: To start my own Personal training Company and to marry my girlfriend. ■

For additional information go to www.jerry-kadavil.com

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