

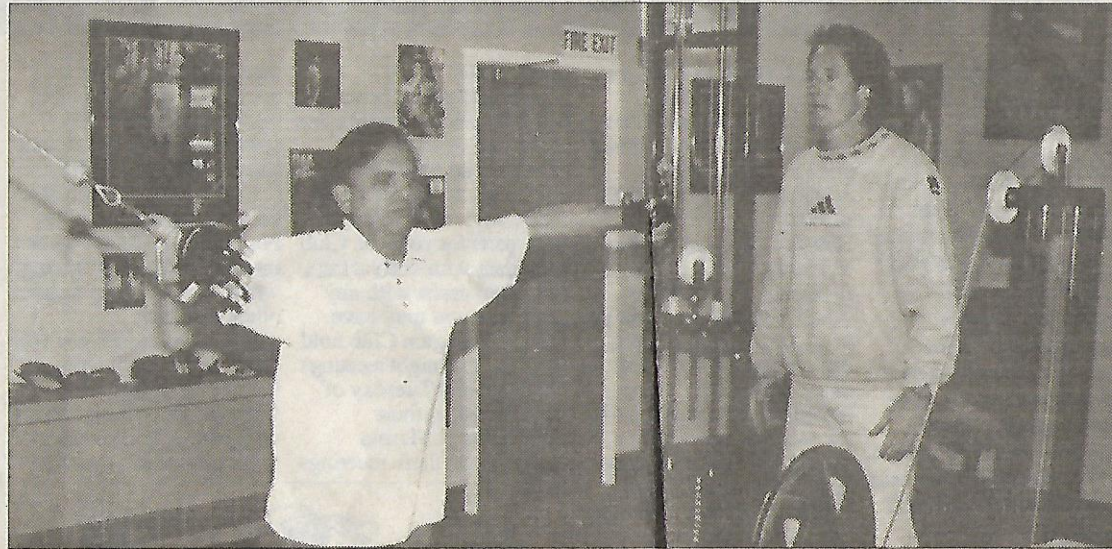
# PERFECT SHAPE

## THE SHAPE OF THE FUTURE

If you are intimidated with gyms or would like to exercise away from prying eyes then personal training may be the way to go. Personal training is for people who would like to enjoy life & themselves better. You do not need to be a sportsperson to benefit from personal training. If you are recovering from a medical problem, whether you need rehabilitation or knowledge to assist you in improving your wellbeing there are a lot of options open to you.

Alastair Leslie manages the Perfect Shape Fitness Studio located in Central Tawa in the old Post Office building. The name was chosen not just for the obvious literal aspect but a physical, intellectual, mental social and overall sense of self, being in perfect shape.

Alastair spent his teen



*Alastair Leslie of Personal Shape Fitness Studio takes Johnny Ranchod of Telear/Video Cave through his paces at a personal training session*

years growing up in Tawa where he attended Tawa College. He was a middle distance runner and soccer player. After leaving high school, he worked as a gardener at Russell Kemp Home in Titahi Bay, then as a lab technician for the National Health Institute. A

formal qualification was needed to further any career chances so it was off to Victoria University and the BSc degree course in Physiology, then on to CIT to do an exercise science certificate. This last year of study enabled Alastair to get hands on experience in

gyms with real people not just a text book.

A job at a local gym showed him that there were major flaws in large training centres. People were slipping through the gaps and left to their own devices.

Over the last decade,

personal training has been brought to everyone's attention through Hollywood's rich and famous. The myth of luxury has surrounded this type of training which can be enjoyed by anyone at any age.

The clients at Perfect Shape Fitness Studio range in age from the late teens to the late eighties. A tailored program is written for the individual usually after a personalised fitness and a lifestyle analysis. A shopping list can also be arranged.

The whole aspect of

healthy nutrition, exercise, sleeping patterns via relaxation techniques for stress etc. help create a balance. You do not have to use the fitness studio to be trained one on one.

Advice can be given on flexibility, footwear, biomechanical structure, professional referrals or setting up a home gym to name a few. You can be your own insurance policy if you take the time. You can write your own destiny and shape your future. You can improve yourself to be in Perfect Shape.

## PERFECT SHAPE FITNESS STUDIO

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