



Spotlight on...

Anna-Marie

McGarthland!

How many times do you exercise on average each week?

It depends but typically I'm in the gym 3 times a week for Spin and Box & Burn, and two tennis sessions per week. Add onto that any golf or other activities I get involved in, such as padel.

What type of training programme are you on?

Typically I enjoy working on cardio, but through the latest RYG challenge I added some strength and flexibility work to my programme.

How have the results of your training programme benefited you?

I started to feel healthier in myself, which gives you a bit of a boost all round. In addition, I also tried to increase the sleep I was getting, which has so many benefits. I have definitely felt like I have more energy, as well as a more positive outlook.

What is best about getting these results?

I've always been quite an active person, but it was good to have a focus, a goal to work towards. The measurements at the start and end made me accountable, which kept me on track. It would have been easy to stop after a few weeks due to the school holidays, but the programme and results made me keep going.

What advice would you give to other employees reading this?

Sometimes life is busy and hard, and it's important not to give yourself a hard time for missing the odd gym class or eating a treat. You have to be nice to yourself and not beat yourself up.