

GIVE ME SIXTEEN HOURS

Marc Robertson
Frio-Nueces Current

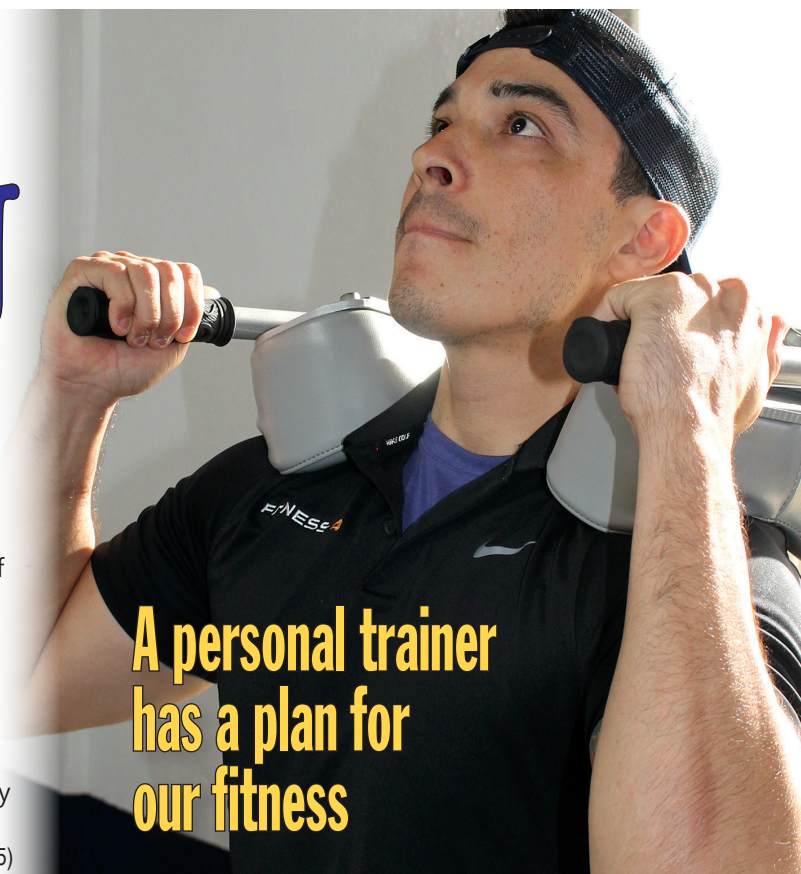
A personal trainer is more than someone who watches us exercise.

A personal trainer knows our background, our goals, and our limitations.

We may be in our 20s

or our 60s, we may come into a gym with a history of fitness regimens and long experience with exercise machines, or we may be novices and have never set foot in the place where bodybuilders strut and racers pound away furiously on treadmills.

(See **TRAINER**, Page 5)



A personal trainer has a plan for our fitness

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