

2012 WITH MP PT



Hello to all, whether you are a new reader or one of our avid followers.

I hope you all are well and suitably rested from your Christmas breaks from work, and that you enjoyed the extra family time. I thought I'd start the year but giving you all an update to what's happening within the world of MP PT. I'm doing this to show that all new years start with a positive step, it just depends on how you want to take it.

If you recall my last editorial I was referring to my company, Forever Fit and the training of the older generation. Since writing that piece I have been fortunate enough to have been recognised for the work I do in this area and was asked to attend various events to promote or advise.

I felt it was a huge honour to have been one of only six people from around the country invited to the FIA (Fitness Industry Association) HQ in London to take part in a focus group meeting to discuss how to specifically approach the training of the older generation and ways in which we can market this training more effectively.

The biggest and most relevant news to our area is the opportunity for myself to work with Brighton and

Hove Albion's community group via a project called Extra Time. Extra Time is a premier football club and FIA initiative designed to help the older generation of the clubs surrounding communities. Brighton and Hove Albion's focus is on fall prevention and self confidence building. As it stands if someone is having rehabilitation treatment for a joint replacement or they are classed as a high risk of having a fall, they would receive eight weeks of help from the NHS. The Extra Time initiative extends this help to 12 weeks. It's at this 12 week cut off that my Forever Fit group has been suggested (by the FIA!) as the continuation. Trial training sessions for their current group are being planned for early this year, which will hopefully lead to future work together with them. So watch this space and keep updated with further news on the Brighton Active Facebook page!

In other news, MP PT is going from strength to strength with multiple locations for training hopefully set to be obtained by April. We'll also be running our successful outdoor ladies training group once again suitable for beginners and

intermediate fitness levels. We all had a great time last year and are looking forward to seeing new and familiar faces alike very soon. With the 5k Race for life being the target, the cost for each group session is still just £5 per head (regardless of age of the participant) with 50% of the takings going to Cancer Research UK via the Race for life event. Start times and dates are yet to be confirmed, but a training group is also planned to be launched for the Worthing R4L event runners.

If you'd like any information on the above please do get in contact with me and I'll be happy to help. Call 07717 455 144, email martin@martinpetriepersonaltraining.co.uk or visit www.martinpetriepersonaltraining.co.uk You can also now find me on Twitter at @MartinPetriePT

I for one am planning on using my first steps in 2012 in the very best way possible: lifted with positive hopes and aspirations... I hope you do to.

Martin 



A CALL TO ARMS

Martin Petrie of MP Personal Training has some final wise words for those looking to get the best out of 2012

Happy New Year to one and all and I hope you enjoyed the first issue of Brighton Active for 2012.

I'd like to finish off this issue by returning to what I had said in my earlier editorial feature in this issue on page 14, about taking steps into the New Year.

I'm looking at taking the first steps in 2012 in the most positive way possible, but this hasn't always been the case. For years I felt that linking a new year with a new start was a complete waste of time and energy. If we are always pushing for the best of ourselves all the time then what is there exactly that we should have to change? Last year though I decided to take a huge step forward and broke my normal safety pattern. In doing so, I have had one of the most rewarding years of my life. Not only in my work, but in my family and my relationship too, finding the woman I see my future with. I couldn't be happier at this single point in time.

I put this down to two main reasons: The first being my previous lack of confidence in myself. Being broken from these chains has made me take more positive risks and in doing so has helped me move my life forward. The second and biggest reason is the people I have around me. With their support (which I have always had, just never really realised) I have felt strong enough to take these risks, knowing that they are there to back me up with all the help I'll need. They may not have all the answers, but I've learnt that life really is about finding the answers yourself.

What I'm getting at here is that we all have something we want to do, somewhere that we see ourselves being, but for some reason we hold ourselves back from even trying. Some of you are go getters and this wouldn't even be relevant, but to the majority of us it is.



What I have planned for MP Personal Training this year is relevant to all, even the go getters. I'm planning on enlightening my client's minds and bodies with regards to how to get to their hidden goals, breaking their chains and helping to boost their self belief and confidence in the hope that they will then be more confident taking risks and moving forward. All by taking them out of their current comfort zone and supporting the changes every single step of the way. Just like I did, with the support I had at the start of 2011.

We all make our own futures. All of our futures will be great but just think about who actually makes your future happen. It is you. In 2012 be a more positive version of yourself. Your family, friends and peers are all there to support you. Take that step this year and make it count.

Good luck to all,

Martin 

Martin Petrie is the owner of MP Personal Training. To learn more about how he can help you in 2012 call 07717 455 144, email martin@martinpetriepersonaltraining.co.uk or visit www.martinpetriepersonaltraining.co.uk. You can also read all of Martin's previous features online at www.brightonactive.com