

Human Resources Work/Life Education Program Offers Sessions with Personal Trainer

- Lecture series on Wednesdays could be the start of something good for MTA employees on the move.
- [When, where and how.](#)

By GAYLE ANDERSON, Associate Editor

(May 31, 2001) Ok, you've secretly wanted a personal trainer but wouldn't dare because 1) it's just too personal 2) it's only for jocks and/or 3) it's only for rich jocks.

Take heart. The Human Resources Work/Life Education Program's new four-part lecture series that begins Wednesday, June 6, brings a personal trainer to you in the comfort of a classroom setting. It's free of charge (there goes THAT excuse), and no one is going to laugh you out of the gym.

"We were looking for a fitness expert who could incorporate the 'mind/body/spirit philosophy' into a self-improvement program beyond the limitations of just diet and exercise," explained program coordinator Kimberlee Vandenakker.

The personal trainer lectures will be followed with an implementation phase for employees who want to put their knowledge into a program of action and continue with support groups to keep the success stories on track.

The fitness expert is Thomas Jones, a personal trainer with a lifetime of experience who began as a "fat kid" with the nickname of "butterball." After the usual adolescent traumas, Jones found fitness in the form and discipline of martial arts. Today, the philosophy of personal knowledge inspires his unique approach to fitness.

"We must first learn how the body functions if we are to develop the best method to achieve individual goals," said Jones. Topics for the series include nutrition, the role of supplements, cardio workouts and the technique of weight resistance within a fitness routine.

Pat's Story



Programmer analyst Pat Soto traded in size 44 suit pants for a trim 32 power suit during transition to lifelong fitness program.

When it comes to weight loss, Pat Soto, a senior programmer analyst in the Information Services Department, has been there and done that.

"I've been up and down on the scale so often I felt like a yo-yo," said Soto of homespun routines that chomped off muscle along with the unwanted fat, left him tired and often hungry, and set him up for another frustrating round of weight gain.

Seemingly lost on a treadmill to nowhere, Soto's decision to try a personal trainer, based on advice from his physician, turned out to be a life-changing experience.

Today, fit at 189 lbs and bursting with energy, Soto has kept off the 100 pounds he'd lost for more than two years now, and is working on toning abs rather than fighting flab.

"I was either dieting too much, or exercising too much, or both or nothing and it wasn't working," said Soto. Determined to "keep-it-off" this time, he turned to personal trainer Thomas Jones.

Jones put a focus of personal knowledge on the information Soto had been accumulating over the years. Now on the right track, rather than the fast track, Soto keeps to a

"When we know nutrition, we can manipulate it to boost our energy. When we know exercise, we can manipulate our bodies to get the results we want," he said. "When we know ourselves, we can manipulate our own success with rewards. It's all about knowledge and the application of it."

weekly program based on his personal well-being.

He eats six times a day, keeps it to 2000 calories and exercises four days a week. After two years, he's within 10 pounds of his fighting weight and zeroing in on no body fat.

When, Where and How

Date: Wednesdays thru June 27,
Time: noon to 1 p.m.
Place: Windsor Conference Room,
15th floor
Reservations: call Kimberlee
Vandenakker, 922-4867.
Cost: Your old ideas.

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