

# COACHED TO FITNESS NO PAIN, NO GAIN

by: Rachael Smith



Running a newspaper means long hours and not much physical activity and it's very easy to go several days without going outside.

So when Stone Hague challenged me to complete his fitness regime (and once Andrew had graciously decided to let it pass to me) I literally jumped at the chance to get out and get moving.

For the next three months three times a week I shall be pushing my body to it's limits (and beyond) trying to get into great shape.

At 6ft 2 and with arms the size of the CN tower, Stone is the very essence of health and fitness. His studio 1 on 1 Hotflex at 276 Carlaw Ave is fully-equipped to transform a stressed out Mum into a trim specimen.

My first session was tough and I am still feeling the "burn" two days after it (suddenly I see why Andrew was so willing to let me take this one). Stone asked me what I hoped to achieved so I quipped that I wanted "pumped arms, ripped abs and legs of steel."



Taking me way too literally, Stone started me out on abs and triceps followed at the next session by legs, biceps & shoulders! The best thing about it is that Stone will push me further than I would dare go myself. A fellow exerciser described it as a love/hate relationship. You hate him whilst he's there egging you on but you love him for it afterwards.

*Keep watching this space to see just how well I do under Stone's orders!*