

# Fitness Together

*Taking personal training to a new level*

Each New Year, the vow to lose weight and increase our level of physical fitness outweighs many others. This is the time of year many people flock to crowded gyms in search of a better body — one that can be swimming-suit-ready by summer.

But by the time the spring has sprung, many a fitness goal has fallen by the wayside. Gym memberships expire, expensive equipment begins collecting dust, bills pile up due to “diet supplements” that promise miracles, and another summer of self-consciousness is on the horizon for people who started the year off with the best of intentions.

Sound familiar?

It does to the owners and certified personal trainers working every day to help clients in search of a better body and improved health. And unlike the throngs of people trying to reach seemingly unattainable goals, Fitness Together trainers know that failing to reach those goals might not entirely be the individual’s fault.

One trainer recently explained a common scenario: “Most people get frustrated when they don’t see results,” he said. “I’ve met people who have worked out for years at gyms and at home who have not been able to achieve the results they’d like. It’s most likely because they didn’t have a fitness plan that addressed their specific needs.”

But whatever the drawbacks of going to the gym — long lines, a lack of personal attention ... Fitness Together has the cure.

At Fitness Together’s six southeast Michigan training studios, certified personal trainers with the highest credentials are helping clients from 8 to 80 years old get into the best shape of their lives by designing proactive, targeted, client-specific workout programs that minimize time and excuses and maximize commitment on the part of the trainer and the client.

And the results? That can be summed up in Fitness Together’s motto: “One Client, One Trainer, One Goal.”

With private rooms in every studio, each client can work directly with one trainer to guide them in terms of the most effective exercises to blast away trouble spots, teach proper techniques to avoid injury, and motivate clients to keep working toward their goals.

For most clients, physical changes and a sense of renewed health come faster than they expected.

That’s because the constant focus of Fitness Together trainers is to deliver the most effective workout without wasting time. This is accomplished through practicing personal training the right way — by building a rapport with clients, constantly challenging them to work harder and smarter when it comes to their appearance and health, and minimizing a client’s physical and emotional limitations.

A Fitness Together workout plan is typically made up of four key elements, including resistance training, which helps build lean muscle tissue to help burn calories, maintain a high metabolic rate, and create the “firm” look we all want. It also incorporates cardiovascular training to burn calories and get the heart pumping, flexibility training to prevent injury, and nutritional training to



*Fitness Together studio owners from left to right: Phil Anderson (Rochester), Boo Sadikot (West Bloomfield and Novi), Bruce Carpman (Troy and Bloomfield Township), Cheryl Sonnenberg and Ron Leach (Clinton Township)*

help clients learn to eat properly and maintain results.

Getting started has one caveat: Each client must be completely committed to themselves and their desire for a better body. Sometimes, potential clients — for a variety of reasons — cannot totally commit to a fitness plan. That’s fine, because Fitness Together trainers would rather the client wait until his or her circumstances change or improve. Because training is done by appointment, being serious about goals and accountability can mean the difference between good and great results. Simply put, Fitness Together trainers want each client to succeed.

Getting started with Fitness Together includes an initial evaluation and a recommendation in terms of what package would be most appropriate for a potential client. Often times, the cost of training at Fitness Together is less than some gyms. But the expense is minuscule compared to the cost of decreased self-esteem and impeded health.

“Everything is better when you’re fit and healthy,” says one Fitness Together owner. “Your blood pressure is low and stress is all but eliminated, colors are brighter, food is richer. When you are healthy — and proud of your appearance — life is an adventure you can’t wait to start.”

**Fitness Together**  
[www.detroitfitnesstogether.com](http://www.detroitfitnesstogether.com)

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