

My Personal LadyZone Experience. By Angela Riches, Editor of Here & Now Magazine

Angela lost 2 stone and 2 dress sizes in 3 months.

Due to my hectic lifestyle, I had not been a member of a gym for over a year. There never seemed to be enough time to fit it in, as once you are there, it always takes at least an hour due to the amount of equipment to choose from, plus the wait to get onto the equipment you want to use if it's busy. I know from speaking with many other ladies that large gyms can be very impersonal and intimidating. There may be the pressure to buy the latest trendy workout gear and trainers if they see the other members wearing them. Also mixed sex gyms can put many older ladies and women who are not happy with their current shape off attending, even for a trial. It is easy as a woman in today's appearance obsessed society to feel embarrassed and ill at ease in such situations.

Having heard so much about the LadyZone gym in Pudsey, I was intrigued by a number of things and wanted to check it out for myself. Of particular interest was the Relaxed 30 Minute Workout! I was really excited because, if the hype was true it would be the answer to so many ladies' prayers!

Ok. I arrived knowing that there would be an initial consultation with the obligatory weighing and measuring and this is the main thing that most of us ladies like to keep private, so I was relieved to be taken into a private consultation room. Once there, Karen the owner, took me through an extensive questionnaire to understand my medical history, any health problems or injuries and my main areas of concern regarding my body shape and fitness. I was then weighed and measured... I'm sure I was a stone lighter in my head! That's when the reality of just how the weight can creep up on you kicked in. Undeterred, Karen escorted me into the gym to explain each piece of equipment, how it worked and how it would be of benefit to me personally. As we worked our way around the ten pieces of equipment (yes, that's right there are only ten and I will explain why shortly), she demonstrated each piece to me and then asked me to do the same to make sure I understood exactly how each should be used effectively to give me the results I had requested.

Karen explained that the workout is a resistance-based cardiovascular circuit, which consists of 9 exercise stations + 1 cool down station. Each member works out for 2 ½ minutes at each station with a 30 second changeover, which means someone can start the circuit every 3 minutes. Everyone adheres to a traffic light system, hence everyone changes stations at the same time and you do not have to wait for the equipment.

Although there are only ten pieces of equipment, this is not restrictive because each resistance machine has a dual function, effectively doubling the number of machines. Each piece is used for 3 minutes and you have to achieve certain targets each time to push you and make sure you get the best effect in that time. You know when your 3 minutes are up as there is a traffic light timer that signals when it is time to move to the next piece.

My initial reaction was: "What benefit will this do if I only have 3 minutes on each?" But I was raring to make a start, so I decided there was no time like the present and worked my way around. Oh my goodness! This was brilliant... I was surprised that I felt each piece of equipment really working my different muscle groups and had full intentions of going round twice but the promised 30 minute workout was enough for me!

As I drove home I felt really good and realised how enjoyable it had been. There were ladies of all ages, shapes and sizes, mothers with their daughters, a couple of friends and quite a few ladies on their own. I realised that LadyZone was a real positive experience for these women they were in a brilliantly relaxed, female-only atmosphere, getting fit and also spending quality time with people they probably don't see as often as they would like. I was already looking forward to going the following day. Even though the recommendation is at least 3 times a week for results, I could see that I would be going more than that as 30 minutes is easy to fit into my lunch break and at weekends I could go first thing in the morning and have the rest of the day to myself.

The next day I went during my lunch break, then again 3 more times that week, plus over the weekend. I loved it! I also loved the female banter and could see how comfortable these ladies, attending by themselves, are. I also became fascinated by the Wall of Success where every member's results were highlighted following their reviews, which take place every 6 weeks. The wall speaks volumes for the effectiveness of this concept and I wanted my name up there too! I had requested a review after 2 weeks, which flew by and I was so excited to see the results as I purposely had not altered my diet but had attended the gym for that 30 minute workout nine times in all over the 2 week period and my clothes definitely felt looser. The moment of truth arrived. Was it in my imagination or had LadyZone really worked?

Flipping heck... I had lost 20 cms!!! No wonder my clothes felt loose. This was all before Christmas. 2 months on and how am I getting on? I'm happy to say that I'm still doing really well. Despite life being hectic and the really cold, dark nights, I haven't lost interest and fallen by the wayside as I had done so many times before with other gym memberships. I am very pleased to tell you that I enjoy my LadyZone experience so much that I am actually able to make time for myself to attend 4 and 5 times a week! It really is that easy to fit your workout into your daily routine.

I personally had a major goal when I started: a New Year holiday to a hot destination. Therefore, I needed to get back into my summer clothes pretty quickly and to feel confident and comfortable doing so! Guess what? I not only achieved the inch loss I wanted but combined with following my healthy eating programme, I exceeded my expected weight and inch loss. I even had scope to put a few pounds on during the holiday and my clothes still felt and looked great! I actually really missed working out and feeling so fit and energized during my holiday and couldn't wait to get back to it! The thing about LadyZone Gyms is how relaxed you feel in an all female environment. Personally, I think this is the main reason for my own and many other members' enthusiasm and it's great to have such an effective exercise routine that you can fit into the busiest of days.

I cannot recommend LadyZone enough as it not only works but is also really enjoyable. I have made many new friends at the gym, which is an unexpected bonus. Because I can see the brilliant results other members are achieving, I think any female wanting to get fit and/or lose inches should definitely try the LadyZone experience. You won't look back and gym phobia will become a thing of the past. Ladies, this is the best thing to happen for us females since the invention of 'Magic Knickers'!