

Get in shape whenever, wherever

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By: Julie Slack

September 12, 2008 10:10 AM - Getting off the couch to head to the gym after a day's work is the last thing many people want to do, but now you don't have to.

Well, you still need to leave the couch, but you don't have to leave the comfort of your home. Trainers on Site, a franchise new to Mississauga, sees fitness trainers come to your home or your office, with all the gear needed to give you a full body workout.

With today's increasing focus on the need for balanced eating and maintaining an active lifestyle, more people want to get in shape, says Trainers on Site president Robert Foster. But it's always the same excuse: I don't have time.

"That's where we come in," he said. "You don't need as much time when we come right to you."

It works and it's addictive, said Elaine Wlasenko, 41, a Mississauga client who says she's in better shape than she's ever been before, thanks to Foster's company.

"I can't see myself ever stopping," she said during a workout at Castlegreen Meadows Park with personal trainer Michelle Beaudry.

If not at the park, you can find Wlasenko sweating it out at her home or even her workplace, before donning business clothes for a day's work.

She enjoys the simplicity of having a trainer come right to her with all the equipment: stepper, exercise balls, ankle and wrist weights, and tension bands.

"The personal attention to detail has made a big difference to my body," she said. "I'm more toned, I have better endurance and much better cardio."

Trainers on Site has been operating for about a year in the GTA, and has become popular in part due to the highly-visible, blue-and-white Smart cars the trainers use. If the environmentally-friendly vehicles do not catch your eyes, the licence plates will: 1 FIT TOS (one fit trainers on site).

Beaudry and Jessica Williamson are the Mississauga trainers, and Foster continues to seek more staff to meet the demand of his growing business.

Visit www.trainersonsite.com for information.

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Staff photo by Fred Loek
Personal trainer Michelle Beaudry from Trainers on Site (right) puts client Elaine Wlasenko through her paces at Castlegreen Park.