

Eileen Gordon – Personal Trainer

by ANTJE MILLS



I've always enjoyed exercise, but used to break into a cold sweat at the thought of working with a professional trainer. I pictured a muscled figure towering over me, barking out military-like orders:

"Ok you pale-faced weakling with the delicate wrists, grab those dumbbells and start pumping. Come on, my 80-year-old grandmother can move faster than that!"

If that's your idea of what it's like to work with a personal trainer than you haven't met Eileen Gordon. She is all about the personal, smiling, talking, laughing and gently encouraging, all the while applying more than 30 years of training expertise. She has worked with every body shape, age and ability, from famous folks to gifted athletes. She also helps people post-surgery or who are recovering from an injury.

While her mantra is "You get what you give," Eileen uses positive encouragement to help each person she trains to reach their own goals, whether it is toning and weight loss or maintaining an already fit body. She spends the first complimentary session asking questions, demonstrating the equipment and evaluating your current condition, to build a routine that fits your abilities.

"The biggest myth, especially for women, is that strength training [using machines and free weights] will make them have bulky muscles. That is far from reality, unless they plan on taking steroids and working out several hours every day," Eileen explained.

Besides shaping healthier bodies, Eileen's other major goal is to help the average person understand how to exercise correctly and to avoid injury. She regularly witnesses people in the gym who use the wrong technique and sometimes get hurt. Often they will skip several workouts, get re-injured, get discouraged and give up. However, the majority of people just don't get the maximum benefit without understanding exactly what they are doing.

"I'm not training people to be world champion body builders, I'm simply trying to help them safely strengthen muscle, and often in the process give them better posture and reshape areas that were problematic before."

If the thought of boot camp training sounds more like a kick in the pants, consider a gentler, safer, yet effective approach. Eileen trains at certain gyms in the South County but will work with a time and location that best fits your schedule.

So now, when people notice my new shape, (probably because I feel more comfortable wearing less baggy clothes) I can't shut up about how great it is to have a personal trainer like Eileen. She will walk you through all kinds of exercise and challenge you with something every time you come back. I learned so much training with Eileen for 3 months, I now have my own routine but will continue to consult with her, and schedule some refresher sessions.

Eileen has been trained and certified by The Nautilus Corporation, Universal Gym Equipment, ACE, and the NHCA. She has worked closely with general practitioners, specialists (Orthopedics, Internal Medicine, and Cardiologists), Physical therapists, Chiropractic physicians, and private clients in Dana Point, Laguna Beach, Laguna Niguel and surrounding areas to address a multitude of challenging health scenarios requiring specialized and condition-specific fitness program implementation.

Connect with Eileen by calling (949) 493-7279 or email her at eileen@egordonfitness.com or visit www.egordonfitness.com



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