

# ONLINE AND ON TRACK



Name:  
Helen Janousek

Course:  
Online February  
- October 2007

Current  
situation:  
Owns her own  
Personal  
Training studio  
[www.hjpersonaltrainer.com](http://www.hjpersonaltrainer.com)

## Married mum puts zest into her life

HELEN has always been passionate about keeping fit and healthy but a demanding job, bringing up a family, a busy social life and running a home were getting in the way of her ideal life.

After having a baby and getting married she knew she needed to get back into shape. The challenge was on. It involved lots of hard work, commitment, good time management, willpower and

determination, but she got there in the end. She wanted to bring the benefits of being fit and healthy to others so decided to become a Personal Trainer. She did an online course with the European Institute of Fitness finishing with a four-day intensive stay at the Spain campus.

Towards the end of her online course Helen began to train friends and family. She quickly became very popular and gained great feedback for being inspiring and making people realise their potential.

She was starting to build her business already. She also prepared her website and bought equipment ready to go as soon as she qualified.

"I set up my own PT business and just a few weeks after starting I had 10 clients and was asked by Zest magazine to be the PT for a reader makeover prize," she said.

Almost a year on Helen is able to reflect on her career change: "Business-wise things couldn't be better, I now have over 30 clients on my books and I absolutely LOVE being a Personal Trainer - I have truly found the career for me and I'm not changing!"

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