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Empathy provides motivation for personal trainer

By Luigi Perrotta

Ancient wisdom tells us that we must often go through periods of extreme difficulty before we find the resolve to transform our lives. That was certainly the case with Anna Duncan.

Eight years ago, the young mother had gained a substantial amount of weight after having gone through two pregnancies. Out of shape and unable to regain her previous form, she lost confidence in her appearance and felt unattractive and undesirable. After a period in which she lapsed into a depression, she made a monumental decision that catapulted her from the depths of despair to the height of self-esteem.

She joined a gym and began to train. Encouraged by the initial results, she started to regain confidence in her appearance, and by extension, her entire personality. By following a training program and nutritional guidance, she resculpted her body and even went on to compete in a major competition. Today, after having traversed the emotional spectrum, she is dedicated to helping both women and men who find themselves in similar straits.

"My goal is to help people transform their lives in their fitness and nutritional goals," says Duncan. "People who come to me are not satisfied with the way they look and I guide them as to proper weight training methods and dietary regimens."

Operating out of the West End Gym, the Corfit-certified personal trainer runs *Sculpture du Corps*, a health-oriented service that offers weight resistance programs and nutritional counseling tailored to the individual's needs. Offering her services to women and men of all ages, she assesses her clients by measuring body fat and then provides a detailed program aimed at helping them lose weight and boosting their level of fitness.

By utilizing circuit training and weight resistance methods, Duncan says that her clients experience profound changes. "Clients who follow my recommendations are seeing wonderful results," she says. "As a person who has experienced what it feels like to be overweight and out of shape, I am especially motivated to helping others become trim and fit," she says.

Certified personal trainer Anna Duncan can be reached at 483-9991.

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