

# BODY SCULPT TRAINING WITH TIMOTHY BRIDGERS

Has the New Year found you looking in the mirror wishing for another body? Are you someone who wholeheartedly starts an exercise program in January only to have your enthusiasm fade by May? Personal trainer Timothy Bridgers, owner of Body Sculpt Training, can get you on track. Involved in numerous sports while growing up and always interested in exercise, Bridgers studied business at UNCW and his successful training business was the result.

Bridgers is a nationally certified personal trainer who, in spite of economic downturns, has increased his clientele five-fold in three years at Lumina Fitness. With more than 12 years of experience – six as a personal trainer – Bridgers works with clients toward specific goals, no matter the starting fitness level. He begins with a thorough assessment to understand his potential client's desired outcome. Bridgers then reviews the individual's exercise and medical history before setting up a training plan. He points

out, "It is much more fun to exercise if you don't have to think about it; exercise is planned, and the sessions are varied." Bridgers' aim is to guide clients in their efforts to achieve personal fitness goals.

Bridgers is nationally accredited in sports nutrition consultation. He works with clients guiding them towards a "clean" eating plan to include six small meals daily, balancing fat, carbohydrate and protein intake.

To be successful with clients, "The trainer has to live the lifestyle," Bridgers says. A focus on listening is paramount to Bridgers' professional assessment of his prospective client. "I must determine a client's commitment to exercise; it should be consistent," he says. He stresses that weight loss as a goal requires especially hard work, commitment



**1** Bridgers works with all age groups, beginning with children whose parents want them to learn about a healthy lifestyle and how to work out correctly. He believes getting children active at a young age will change their self image for a lifetime.

**2** General fitness or functional training encompasses the development of stability, balance and improved core strength.

**3** Athletes receive training pertinent to the specific demands of their chosen sport.

**4** Post-rehab training goals increase range-of-motion after knee or hip replacement.

**5** Postnatal training is geared toward moms after delivery.

**6** If weight loss is the goal, a combination of cardiovascular, interval and weight training is planned with a strong emphasis on nutrition.

and consistency.

Bridgers' five-year plan includes opening a high-end training center with a licensed staff of personal trainers, working with after school exercise programs for teachers, similar to the one he developed at Belleville Elementary School, and developing plans with businesses for improved ergonomics in the workplace.

Bridgers' one-on-one training is carried out in a physically and emotionally comfortable environment.

He individualizes training to meet the goals and stamina of his clients. He constantly seeks education for self improvement to work better to improve a client's body.

Sound like the trainer for you? Bridgers just might be what we all need to get into better shape and live a healthier lifestyle. For a free consultation, call 910.233.5865, e-mail [tsb6848@yahoo.com](mailto:tsb6848@yahoo.com), contact Lumina Fitness in Wrightsville Beach or log on [www.1on1personaltrainer.com](http://www.1on1personaltrainer.com). ■

*From Memphis, TN, Smith is a retired RN who volunteers at Tileston Clinic. Involved in writing since the 9th grade, she is a clarinet player in the New Horizons Band, and also is interested in gardening, birds, reading and cooking. Quality time with her daughter, grandson and husband, Dave, are top priorities.*