

# Samantha Alloway

## What is your training philosophy?

Strength comes from the inside out. The better you feel about yourself, the better you will train and perform! I believe in body and mind positivity. Training your body is amazing! But if what you say to yourself daily is negative, it does slow down your progress. I know you can do this, and I am passionate about making you believe it too.

## How do you assess your clients?

I allow my clients to take the lead on their assessments. I have some clients who begin our sessions with a classic BMI and BMR assessment. For others, we do a series of one minute 'tests' that allow us to see where your performance is at and then we repeat those exact exercises halfway through and at the end of our sessions to see your progress. I will find the assessment that caters to your goals.

## How often should I be exercising?

I believe that you should be doing some form of exercise 5 days a week. Keep in mind that it could be playing tennis, walking your dog, or mowing your lawn! Incorporating a mindset of daily activity combined with strength training is a great combination for health and fitness success!

## Intensity or consistency?

Both! Intense workouts such as HIIT can minimize the amount of time spent on your workouts. You can burn as many calories in a customized 20-minute HIIT (High Intensity Interval Training) workout as you could in a 90-minute walk. But it is essential that you find the workout that you can do consistently. If a HIIT workout burns you out and then you don't work out for 3 days, it will lose its effectiveness. We will find the balance!

## Is muscle soreness the same thing as pain?

No. Soreness is good! It means that there are microscopic tears in your muscles, and they are coming back together creating strength. Pain is often associated with a specific part of your body.



## Why Work With Me

I believe in you! If you are reading this and you are ready to invest in yourself, I will have your back 100%! Goals are great. Set them and achieve them. But set goals because you are worthy of your desires and aspirations, not because you're not worthy as is! You've got this! Let's do this!

## Credentials

- ◆ NASM-Certified Personal Trainer
- ◆ Ying Yoga Instructor
- ◆ American Red Cross CPR/AED/First Aid

## Specializations

HIIT, Pilates, Core Strength, Yoga

## Contact Me

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