



JIM MAHONEY/Staff Photographer

Cooper Fitness Center trainer Colette Cole (left) keeps a close eye on client Sally Seegers during an early morning workout at the center.

Trainer helped give workouts a boost

For 52-year-old Sally Seegers of Dallas, a chemical company owner, working out has always been a priority. "If you don't have your health, you don't have anything," she says. But as she grew older, she developed injuries to her shoulder and back, and exercising didn't come easily. That's why she sought the advice of personal trainer Colette Cole of Cooper Fitness Center.

So how did this avid exerciser know she was getting a real pro?

"All of the trainers at the Cooper are very well-certified, and in Colette's case, she actually has a master's degree," says Ms. Seegers. A few years ago, she started talking to

Ms. Cole on the weight room floor and learned that she specialized in working with females, specifically women with such issues as cancer or fibromyalgia. "She's written a couple of books. All of those things helped me with the comfort level working with Colette that she really knows how to deal with people with specific issues," says Ms. Seegers.

Once a week, Ms. Seegers meets with Ms. Cole and they concentrate on strengthening her core and relieving pain caused by her injuries. "It's helped tremendously," says Ms. Seegers.

The two have been working out together for a few years, on an

as-needed basis.

"I'm not going to say that I'll go every week for the rest of my life," she says. "I will go periodically to do what I call a tune-up, to make sure I am still doing the exercises correctly as well as to learn some new things."

Before she started working with a trainer, Ms. Seegers didn't understand spending the money when she could use the machines herself. "It is unbelievable the difference it has made in my level of fitness and my knowledge of how to work out and how the little things make the big difference. It really, really has been worth the money for me."