



The **Happy Body**

CLAUDIA

HOW SHE DOES IT

CLASSES WITH TANYA WYATT

THE HAPPY BODY

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PARKER




WE SPOKE TO CLAUDIA PARKER ABOUT TRAINING WITH THE HAPPY BODY

We all want to look good on the beach, but not everyone can afford a personal coach.

Our coach-in-chief, Tanya Wyatt, decided several years back that giving people an option to attend classes for strength training would give them the benefits of a personal coach but at a fraction of the cost.

We've been chatting to a few of the long-standing members to see what they really think about training and, specifically, training with Tanya.





**PROUD MOM OF
3 YOUNG PEOPLE,
2 JACK RASCALS AND
1 FEISTY YORKIE**

— CLAUDIA



The **Happy** Body

ALWAYS STRIVING TO BE BETTER THAN I WAS THE DAY BEFORE

HI CLAUDIA...WE'VE SEEN YOUR FACE BEFORE. HAVE YOU BEEN TRAINING WITH TANYA FOR A LONG TIME?

Hi...yes I have. It's 3 years and counting!

YOU COULD HAVE CHOSEN ANY GYM OR TRAINER, BUT YOU CHOSE TANYA'S CLASSES. WHAT MADE YOU DECIDE TO TRAIN WITH TANYA SPECIFICALLY?

Have you seen her body?? Those abs! That most definitely caught my eye! Also, she's of a similar age to me – and dammit, I want to look like that! I saw her ad in the Walmer ads leaflet, and thought 'Holy smokes. I want a body like that!'

BUT WHY CLASSES FOR STRENGTH TRAINING? WHY DID YOU THINK YOU NEEDED THESE?

I've always been very active. I've relied heavily on running and cycling to keep me fit – for too long. I knew my body needed something else – something more. I learnt so much about healthy eating and healthy living options from the classes too – not just about strength training.



WHY THE HAPPY BODY?

TELL US THEN, WHAT MAKES TANYA SO DIFFERENT FROM OTHER TRAINERS?

This lady KNOWS what she's talking about! She's an absolute perfectionist for correct technique and she explains why we do what we do in great detail. And she definitely knows how to give me confidence in myself!

SOUNDS LIKE YOU REALLY ENJOY HER CLASSES! BUT DO YOU FEEL ANY DIFFERENT?

Well I certainly don't feel like a 49 year-old! I feel 30! My body is way stronger and my energy levels have increased hugely. This has all had such a positive spin-off in other areas of my life too.

THAT'S AMAZING, CLAUDIA. HAVE YOU ALSO CHANGED YOUR EATING HABITS SINCE STARTING CLASSES WITH TANYA?

I most certainly have! One of the biggest changes I've made has been to incorporate intermittent fasting into my lifestyle (amongst other dietary adjustments).

SO, TELL US, HOW ARE YOU FEELING NOW BY COMPARISON TO HOW YOU FELT BEFORE JOINING TANYA'S CLASSES?

I'm still going to the classes! Need I say more? This is a great investment in myself for the future – for my future.



YOU'VE PROBABLY SEEN IT ALL ANYTHING YOU WANT TO SHARE WITH US?

Where to start? There are far too many funny anecdotes...I don't think I can single out a specific one off-the-cuff now. But what I can say is that every class brings its own special moments - not one class is the same.

I'm sure if you stalk The Happy Body's Facebook page you're bound to find some really funny pics and videos of what we get up to in class.





THE HAPPY BODY

07:00

THE SERIOUSLY STRONG SEVENS

(TUES/THURS)

08:00

THE ENTERTAINING EIGHTS

(TUES/THURS)

12:30

THE LOVELY LUNCHTIME LADS & LADIES

(MON/TUES/THURS)

16:15

THE FABULOUS FOURS

(MON/TUES/THURS)

17:15

THE FANTASTIC FIVES

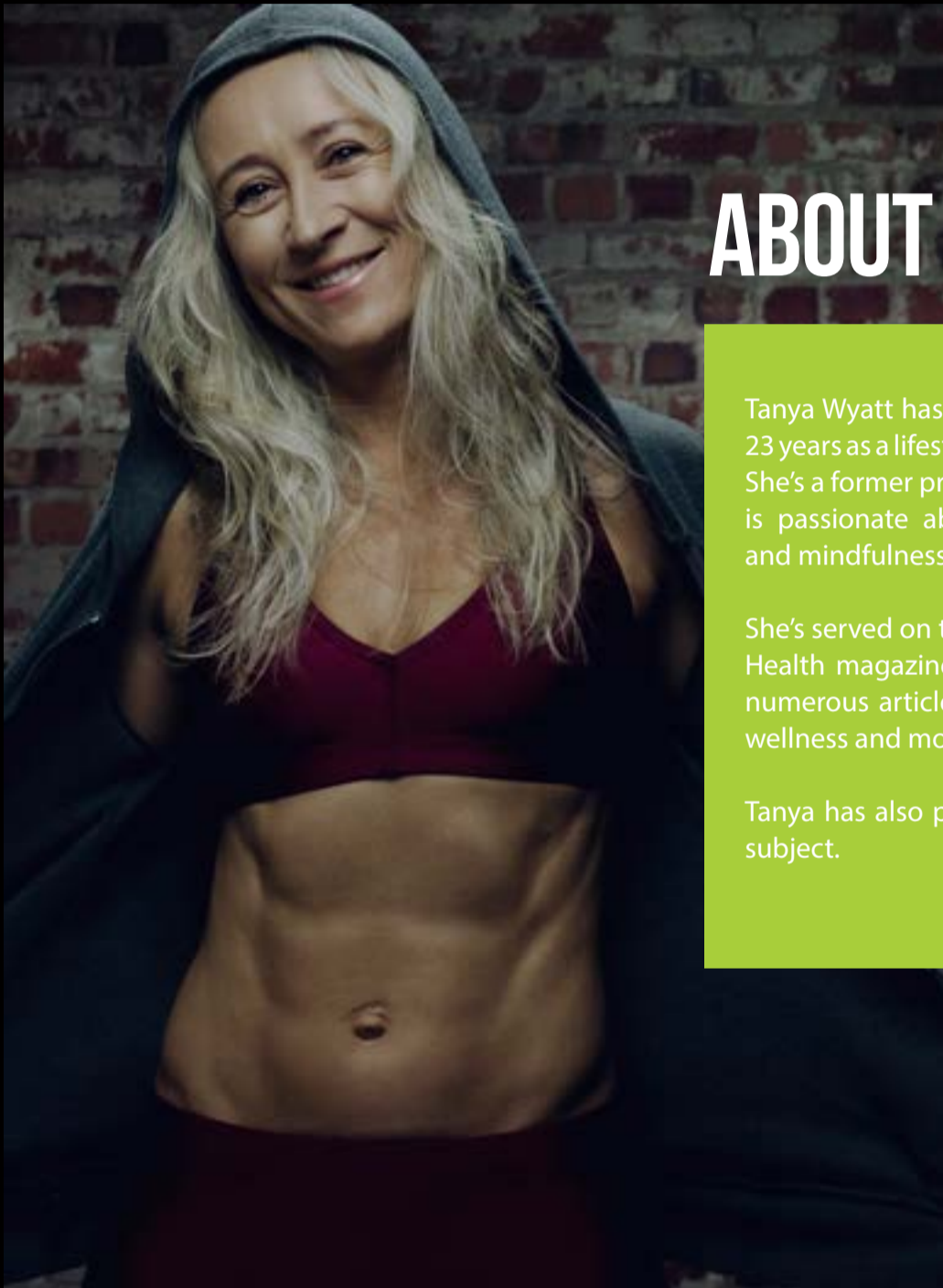
(TUES/THURS)

Tanya Wyatt offers personalised and intimate strength training classes from her private studio in Mackay Street, Richmond Hill. Not only does she coach her clients on correct exercise technique in order to build muscle and avoid injury, but she also educates them about making good dietary and lifestyle choices to complement the training.

Tanya offers individual and family rates, and the studio is equipped with a shower should you need to head to the office afterwards.



THE HAPPY BODY



ABOUT

Tanya Wyatt has been in private practice for 23 years as a lifestyle and wellness consultant. She's a former professional ballet dancer and is passionate about movement, wellbeing and mindfulness.

She's served on the advisory board for Men's Health magazine, in addition to publishing numerous articles on the subject of health, wellness and movement.

Tanya has also published two books on the subject.

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