



The Happy Body

MARLENE

**SPIRITED STRENGTH -
CLASSES WITH TANYA WYATT
THE HAPPY BODY**

THEHAPPYBODY.CO.ZA

BURGER



WE SPOKE TO MARLENE BURGER ABOUT STRENGTH 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.



**DETECTIVE
LUITENANT COLONEL
STYLISH MOM
GENERAL BADASS**

— MARLENE



**LOOKING GOOD IS MY TONIC
LAUGHTER IS MY MEDICINE
HONESTY IS MY ELIXIR**

SO, MARLENE – WHY CLASSES, AND WHY TANYA?

Well, I saw Tanya at an Aurora Breakfast a few years back and she really impressed me. I befriended her on Facebook and then really got to see how talented she is. I knew she would be the perfect trainer for me.

WHAT MADE YOU DECIDE TO EXPLORE STRENGTH TRAINING CLASSES – WHAT DID YOU WANT TO ACHIEVE BY ATTENDING THESE CLASSES?

I'm not getting any younger and things were starting to get a little wobbly. I wanted to firm and tone my body, and I knew that strength training, particularly with Tanya, was the answer.

WHEN DID YOU START TRAINING WITH TANYA?

I started with her in October 2015, so that would make it nearly three years that I've been attending Tanya's classes.

WHY THE HAPPY BODY?

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

I have to say she is very hands-on. She is also a stickler for technique, so she is very quick to correct me when I'm doing something incorrectly. She knows exactly what my needs are and what I should be doing in order to achieve my goals.

LEVEL WITH US. HAVE YOU NOTICED CHANGES IN YOUR BODY SINCE YOU STARTED THIS JOURNEY WITH TANYA? IF YOU HAVE, WHAT CHANGES HAVE YOU SEEN?

Yes, most definitely! Well, I'm firmer all over. My muscles are definitely firmer. And my butt!?! Now, that would be telling!

WE KNOW THAT THE PARETO PRINCIPLE APPLIES IN A BIG WAY WHEN IT COMES TO WEIGHT, FITNESS AND HEALTH: 80% NUTRITION V 20% PHYSICAL ACTIVITY. DID YOU CHANGE YOUR EATING HABITS AFTER JOINING TANYA'S CLASSES?

Oh absolutely. I've been practicing intermittent fasting – when you go purposely without food for 16-18 hours in order to allow your body to rest and burn through liver fuel. It's worked wonderfully for me and I lost 3kgs very quickly just because of that!

WITH ALL OF THIS IN MIND – FIRMER MUSCLES, FIRMER BEHIND AND A LOSS OF WEIGHT, HOW ARE YOU FEELING OVERALL?

I feel great! I am in really good shape for my age (not telling you the number!), and I feel awesome about my physical condition.

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

Not to brag or anything, but I did a handstand for the first time ever!!



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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)

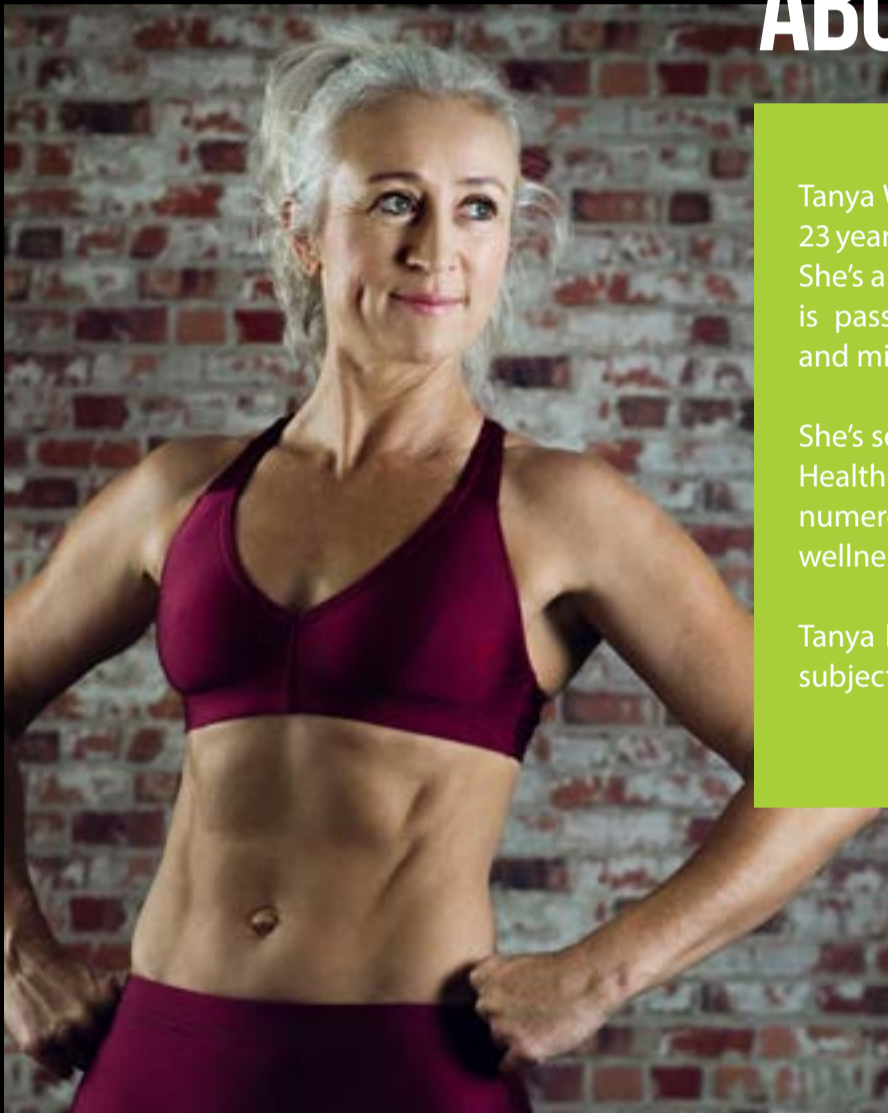
Tanya Wyatt offers personalised and intimate strength training classes from her private studio in Mackay Street, Richmond Hill. Not only does she coach her clients on correct exercise technique in order to build muscle and avoid injury, but she also educates them about making good dietary and lifestyle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