



Teri McQuaid

Teri McQuaid is familiar with empty promises about weight loss. She is bombarded with them everyday, just like the rest of us. The difference, however, is that McQuaid is a certified trainer who knows the truth. And the truth is, “there is no quick fix.”

“Losing 20 pounds in two weeks is not realistic,” says McQuaid, also an aquatic fitness expert, Spinning® instructor and certified swim instructor. “What we see in ads - and on TV - is not reality.” Reality for many of us, according to the mother of four, is that we are real people, busy with kids and jobs, with no chef or assistant in sight. “I try to help clients find ways to fit exercise - fun exercise - into their lives, getting the most out of their limited time.”

With aquatic fitness, McQuaid believes she has found a way to squeeze the most results out of the least time investment. “Working out in water is simply amazing. It burns up to 500 calories an hour, is great for all-over body conditioning, increases endurance, and builds core and muscle strength. It’s also great for flexibility, and is inexpensive and fun, meaning you will stick with it.” And sticking with it is key to seeing real change. McQuaid’s client Shelly Goodwin of Temecula agrees. “I noticed my clothes were looser and my muscle tone improved, something I’ve never experienced with any other type of fitness because I’ve always quit before I could obtain results.”

The busy fitness trainer worked out in the pool in Ireland, where she resided for 20 years. She also participated in bootcamps well before that concept arrived on U.S. soil. With four closely-spaced children,

McQuaid had to learn how to juggle motherhood, a family business and her own health. “The bootcamps and exercising in the pool kept me sane and fit. When I returned to the U.S., I brought both concepts with me, knowing that Americans are even busier than Europeans.”

While McQuaid, a partner in Trainer to You based in Temecula, trains private clients and teaches land-based bootcamps as well (“they are inexpensive, fun and effective,” she notes), merging the two ideas has created a new way to get in shape: AquaFITCAMP. Essentially, it’s bootcamp in the pool. Whether taking a pre-scheduled class or hosting one in their own pool with a group of friends, those who have participated love it. Peter Lucier of Temecula says, “I lost 30 pounds during the time I was in the class. I dropped one blood pressure medication and stopped my diabetes medicine. It was easy on the joints and water resistance added to the benefits of the exercise.”

Goodwin is so happy with her results that she wants others to follow her lead. “Because you are in water, you do not notice the sweat or effort but the results are amazing. I would encourage anyone who is considering aqua fitness to give it a try. If I can do it, so you can you.”

For more information on McQuaid or aquatic fitness, visit www.trainertoyou.com or e-mail teri@trainertoyou.com.