My Story: How a Kettlebell Saved My Life.

By Personal Trainer Trevor Harrison-Phipps



In the words of Michael Caine, not a lot of people know this….
But a lot of people look at me and think he's super fit, he eats and drinks super healthy or those who know me know I eat what I like and either way I am so lucky….. and guess what I am and I can and I do!
But I'm going to tell you my story…
I've not always been fit and healthy…
I've had a lot of jobs and being a Personal trainer is the best one by far, because I love helping people, hearing them say I can't do that and then at some point the look in their eyes when they do it.
My company moto is Believe You Can… because I've been the guy saying 'I can't do that'.
30 years ago I was working with my brother as a builder which is as far away from being a personal trainer as you can get.
On a very cold site I was mixing a ton of ballast bit by bit in a wheel barrow, crazy? hell yes! It was hard workout lol.. I forced the shovel into the mix of ballast and cement when bang my spine went twang like a guitar string, the pain shot through my body like a bullet and I hit the floor in agony.
I was off work for at least 6 months, never to work with my brother again, after specialist after specialist they decided I needed surgery… but I'm a chicken so I said no way.
The result was over 30 years of chronic back pain, muscle spasms, unable to

walk or do anything. .. So Fin my son's early years was of his dad in pain can't play with him or do anything and on many occasions seeing me on the floor in agony.

I became overweight and in a spiral of lack of pain and no confidence I was hit with depression and health issues.

A friend an ex wrestler showed me some back stretches that he lived by to just get out of bed and I typically ignored them for… 5 years. I can't be bothered to do that every day I said.

But after spending a stupid amount of money on physios and osteopath's… with no real long term solutions I decided to use my friends FREE back stretches advice…. (which are now available on my app) And so first thing in the morning (even to this day) I started them and within a few days I felt a massive difference…

It really was a champagne moment.

With my back stretches they gave me a slender bit of confidence so I ventured very nervously back into the gym not really knowing what I was doing, scared I'd hurt my back again and I was overweight and everyone else was going to be super fit.

But one day something happened to me that changed my life, millions of people have done this and made no difference what so ever but for me it was maybe the most significant life altering thing I could have possibly done.

What was it, I picked up a book by Bear Grylls. This book told me how he broke his back in a parachute jump and was told he would never walk again. He mentioned muscle scar tissue which I knew I had but no one else really mentions.

I then wanted to know more about Bear and discovered his Kettlebell training workouts.

Bear really inspired me and I started doing some very simple Kettlebell exercises with a light weight like a goblet squat and shoulder press. His workouts really worked for me, slowly I got stronger and stronger to the point even PT's in the gym started talking to me about what I was doing as they were watching me do mountain climbers on a Kettlebell, Turkish Get Ups to Kettlebell Lunge to Press all in an aerobic way to lose fat fast.

I literally went from being overweight, unhealthy, in constant pain and unable to play with my boys to the fittest I'd ever been in my late 40's! Oh kettlebells were saving my life….

I slowly started to train friends and loved it, and from that I took on the hardest 5 weeks of my life and I became a personal trainer, because I wanted

to be the best I could be, so I could help and inspire people like how I was so I could help them overcome their different hurdles, I want to be there for them. This is why I am writing this to you today, someone once said, I'd love to come to you but I am not fit enough….. if you or a friend are like that person then I am the perfect fit for you and you're perfect fit for me.

You now know from my story that I was about as out of shape, unfit and in pain as any person could be.

But by taking small actionable steps and not stress myself out by making a large leap into hard core fitness straight away I managed to go from overweight depressed and in agony every single day to lean fit, strong doing things I never thought imaginable.

So if you are feeling like you have such a long way to go and it's not the right time for a PT, well let me tell you now is exactly the right time for a personal trainer.

Thank you for reading my story and yes I still do my back stretches and use kettlebells today (ask my clients) and they saved my life and have given me health, confidence and the best job in the world, now I am paying it forward.

I don't often BEAR my soul, but if this resonates with you or maybe a friend of yours then please share and feel free to contact me and I am more than willing to chat, give advice and help you.

Regards

Trevor

