

My name is Pallavi Govindnathan, and I am currently a PhD candidate over at the Multicultural Women's and Gender Studies Department at TWU. And I have been personal training for about four years. I was never a fit person, and not at all athletic. So, I knew that in order to work out, I needed somebody's guidance. And that's one of the main things. It also keeps me in a routine. As a PhD student, and I'm sure it applies for all students here, we're so burdened with work and we're constantly fighting against time. And it's easy to get four hours or three hours of sleep, and wake up and say I'm not gonna go workout. I had put on, I had gained about 40 pounds post divorce, and I knew I needed an outlet of some kind. Coming to the TWU Fit & Rec, was really a guiding light in a sense. I began to feel confident, and that in turn improved my performance also in my own academic work.