

Boutique Fitness – The area's preeminent health and fitness facility with a strong, dash of girl power!



World class fitness and health instruction, right here in New Bedford!

One of the most difficult endeavors a person can undertake these days, is to lose weight or take up a fitness program. There is a mass of incoming information -often conflicting- that can be overwhelming. Books, websites, social media, radio, TV all bombard us with the latest trend or fad; telling us one day that something is good for you and the next that it's not! It's tough to get into to mindset and motivation to exercise, when you are deep in the sea of lacking them!

Beyond trends, fads, and the glut of information, the single most common thread among success stories that I have

personally seen in almost 30 years of exercising -half of that coaching- is ATMOSPHERE. It's not enough to be knowledgeable and qualified – though that is mandatory. People will gravitate towards and *stick* with a trainer or facility full of positive, motivating, energetic, magnetic coaches. Using logic as the stick or carrot, simply won't work.

Being in the exercise business myself, I'm always trying to keep current on sports science & psychology, new facilities, coaches, and anecdotes. There are a fair number of world class facilities in the area, and New Bedford Guide wants to promote a healthy lifestyle – exercise, dietary habits, and more – so we plan on bringing a number of them to our readers in the coming weeks and months!

I have had a number of friends in the past year, who have whipped themselves into shape. When I asked about the source of the change, I heard over and over again “Boutique,” meaning Boutique Fitness. They are located in the Coffin Building on 516 Pleasant Street, across from the Bristol County Probate Court. Co-owners Lara Harrington (ISSA*, ACSM*, Head trainer) and Angela Corrieri-Johnson (ISSA, PN*) have made waves in the region's health and fitness world in their short 2 year existence. That's astounding, to say the least.



Boutique Fitness owners Lara and Angela make fitness fun yet rewarding.

There's a reason for that: the energetic, positive atmosphere that I mentioned, practical, tangible results, and world class instruction. The ladies specialize in private and small group fitness training. There's no getting assigned a number and being lost in a massive group, relegated to anonymity. The more intimate, private and small group instruction, means an integral and effective element is always present: perpetual feedback. They get to not only know your name, goals, and objectives, but create a prescription, customized program combining a variety of specific health and fitness methodologies that work best for you, and only you. On your first day, you will go through a fitness assessment and movement analysis, so they know EXACTLY what will be most effective for you. They then follow up with retests every 6-8 weeks, to maintain that all-important feedback.

It's not a shotgun or cookie cutter approach. This takes more

time and effort from the coach, but has significant, speedy results.

The ladies of Boutique Fitness -assisted by trainers Niki Harrington (ISSA) and Erin Carr (ISSA, TRX*, TWF*)- combine a multi-pronged, balanced approach of strength & conditioning exercises, stretches, diet counseling, nutritional coaching in 2-3 times per week, 30 minute long sessions. Kettlebells, Swiss ball, dumbbells, bodyweight exercises, cables, and Plyometrics are just some of the methods and tools you may encounter. This variety keeps you on your toes and you never have a dull workout. While the exercises will become familiar, their cadence, combination, and spontaneity in execution, will keep you motivated and your interest piqued – which promotes constant progress!



“A life changing experience inside and out!”

They have helped me transform my life to a healthier, positive lifestyle! They truly care about their clients. It's true what they say, they have you in their corner!" – Lisa Oliveira

The pros at Boutique have not only helped a number of my friends (Hi Sandi!), but they have helped hundreds of others in the area kick butt! You don't have to take my word for it, as you can visit their testimonials page, which is comprised of textual *and* photo testimonials – including "before and afters."

Having said all that, you don't have to be someone that needs to get in shape to enjoy what they have to offer. If you are already in shape and a more serious athlete, who is looking to add another element to your routine you will, find a happy home there. If you are interested in seeing more of what the pros at Boutique do, you can browse their YouTube Page, or better yet, contact them and book your complimentary consultation.

Boutique Fitness uses all the major social media outlets (regularly updated), maintains a web page, a bunch of recipes, rates, photos, videos, a stellar blog and more. They are open Monday through Friday: 5:30 am – 7:30 pm, and Saturday from 6:00 am – 12:00 pm. Whether you want to be able to squeeze into an old pair of jeans, t-shirt or bikini or looking to seriously challenge yourself athletically, you'll find world class coaches and instruction, in a world-class environment!

Boutique Fitness

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****Credentials Guide***

ISSA=International Sports Science Association

ACSM=American College of Sports Medicine

PN=Precision Nutrition

TRX=Suspension Training Bodyweight Exercise Certification

TWF=True Warrior Fitness

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