



# CYQ Winner



## Case Study

- Debbie Terry  
CYQ Fitness Trainer of the year - Level 2  
Exercise to Music
- Heart, Body & Soul Fitness
- Level 2 Fitness Instructor

“Winning the competition has enabled great benefits such as becoming a REPs member. Being part of this incredible Register allows me to be part of a professional team that promotes continuing staff development and to strive to be the best exercise professional you can.”

*Debbie Terry, Heart, Body & Soul Fitness*

In May 2014 Debbie Terry took part in CYQ's Fitness Trainer of the Year Competition and won the Level 2 Fitness Instructor – 'Exercise to Music' Category, part of her prize also included a year's membership to REPs, so we found out why she decided to take part and how winning has impacted her career.

“Health and fitness has always been a big part of my life, from competing in county level athletics as a child to providing a release both physically and mentally through life's good and bad times. I always found that whatever the problem it could be worked out in a class. It was the local fitness instructor that inspired me and drove me to pursue a career, the joy of being in a fun and motivational atmosphere that made exercise enjoyable, instigated me to take that plunge from a 'lifelong' hobby to a career.”

It was only just two years ago that Debbie qualified as a Level 2 Exercise to Music and Gym Instructor and since then she has loved every moment.

“I have been privileged enough to work alongside my partner as we run our own freelance fitness business to meeting amazing people and being part of their special journey to reach their goals, it has made every aching muscle early morning and late night worth it.”

However, instructing on a part time basis was not enough for her. Debbie's passion for fitness, enthusiasm for people and her drive to want to give people a better class and a more knowledgeable instructor drove her to enrol on the FdSc Exercise, Health and Fitness Degree at Truro and Penwith College.

“Studying in Higher Education has allowed me to gain a deeper understanding of fitness and its application. It has provided me with many opportunities and one was entering the CYQ Exercise to Music Competition. I decided to enter, not only to be part of an awesome opportunity, but also as a thank you to the instructors that comprehensively taught me my skills and the clients who have supported me on my journey to be the instructor I am today.”

Amazingly not only did Debbie enter, but she also won and became 'CYQ Exercise to Music Winner 2014'.

“Being part of this competition not only allowed me to showcase my skills, but gain confidence in my abilities”.

Debbie's aspirations for the future are very diverse, in business she would like to continue to offer fitness classes though Heart, Body and Soul Fitness with her partner to inspire groups and individuals to promote healthier lifestyles, boost confidence, educating clients to be in control of their own fitness and to help clients both physically and psychologically.

She will also be starting an exciting new business venture with her partner (HBS Solutions) to provide corporate fitness through an innovative approach to employee health and wellbeing.

“As for education I will continue with my degree along with a teaching qualification I have enrolled on so I am able to teach exercise to music. I hope that by doing this I will not only be able to teach my knowledge but spread the enthusiasm and passion that I believe every instructor should have in the heart of every class.”

If you'd like more information about REPs and how to join  
visit [www.exerciseregister.org](http://www.exerciseregister.org).