



An interview with Bronwyn Holmes - Paceline Gym & Performance Centre

PACELINE GYM AND PERFORMANCE CENTRE

Physiodynamix recently teamed up with Paceline Gym & Performance Centre. Owner/trainer Bronwyn Holmes took some time out over a cup of coffee to share her thoughts on the new partnership.



would like this to be mutually beneficial, a team effort where I can offer a service and in turn, learn from the others on the team".

Physiotherapy is an incredibly important resource...

A fact Bronwyn knows well from her own rehabilitation after a motor vehicle accident in 2004 which left her without the use of her left side, and with the warning that she may never walk properly again. Today, she is back to cycling, running, working out in the gym and has only slight effects from the accident – a fact she attributes solely to dedicated work with physiotherapists and biokineticists.

Working in a similar team, this time as the trainer and motivator rather than the patient, is an exciting prospect for Bronwyn.

"Lie around and be depressed or get up and work through it – those are the options. I chose to get up, and I remain glad every day that I did", she says.

What attracted you to a partnership with Physiodynamix?

The ethos and ethics of Physiodynamix, and the friendly, down-to-earth nature of the people involved definitely drew Bronwyn toward the venture. "Ideally, I

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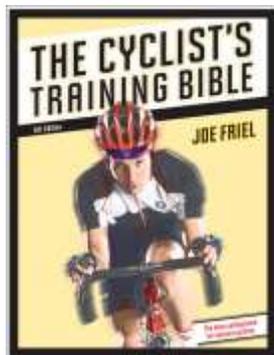
The "must do" strength training exercise?

Squats. These are the most functional exercise – especially for endurance athletes who pedal or run long distances. Squats are also likely to be the least well executed exercise and this is where supervision in the form of a trainer is essential. "It's one thing to go and do squats, it's another thing entirely if you're just injuring yourself further", cautions Bronwyn.



“Everything I do with my clients I have tried myself”

Stale adherence to the same programme day in and day out, over years will undoubtedly ensure that your performance plateaus. “As a cyclist, the idea used to be that you get out there and ride miles on the bike. Many people still do that: cycle every morning, with very little variation. Sure, your Argus time will remain similar, but your body is just repeating what it has done for years and is quite happy to stay where it is”, comments Bronwyn. “Mix this up a bit and suddenly your times improve and you feel that muscular power in your quads”.



Doug Ryder (Team Dimension Data, owner and manager) – “what a super person and someone with a very sound approach to his team members’ training” enthuses Bronwyn.



Bronwyn with Kincora Puff after a successful show

2017 Goals?

To establish a good team environment in the new setting with Physiodynamix. Bronwyn is looking forward to the referral environment and to having Physiotherapists, Biokineticists and a dietician on hand to ensure that clients receive the best experience possible.

Growth in visibility is also important, with the social media platforms of Facebook and Twitter already active (join the community!) and plans afoot to have branded cycle shirts and activewear.



Book a session:

Where: Physiodynamix, Cramerview Village Centre, corner of Curzon and Main Roads, Bryanston, Johannesburg.

Telephone: 079 263 0438

Email: bronwyn@paceline.co.za



Who is “worth noting” in the fitness world?

Joe Friel (author of the Cyclists’ and the Triathletes’ Training Bibles). Joe writes amazing programmes and his advice to endurance athletes remains pertinent.



Douglas Ryder, Principal of Team Dimension Data

When I’m not working, I am...

Taking my Golden Retriever, Kincora Puff, for training sessions or to shows. “He turned 2 in February this year (2017) so he is young but he has done very well to date” she explains. The competitive obedience and agility training scene requires some level of human fitness too as Bronwyn will routinely spend three hours running alongside Puff on a Saturday morning. After that quality time with him it’s time for the couch and catching up on the Proteas’ latest match.