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➡ But as the years went on the job became much more bureaucratic, and as Amber's responsibilities grew, so did the stress levels. "Sometimes I'd be dealing with very angry customers shouting down the phone. I'd be playing with 50 million or 100 million dollars at a time, that if I didn't get sorted, could just go, boom, and disappear just like that. I lost a lot of money once accidentally because of a failure on my part," she confides.

The daily commute also took its toll, as Amber would often be up with the birds to catch the 5.30am train from Waterbeach, and not get home until about 9pm.

"The commute was horrible. Everybody always says you'll either get used to it or you'll hate it and I just permanently hated it. Sometimes, if the trains were delayed, it could take me four hours to get home."

And once home, there was no time for a social life. "I came in, I ate, I went to bed and had very little sleep; probably about five or six hours a night, so I was very run down and not very healthy. At weekends I'd be trying to fit in housework and food shopping, plus catching up with friends and family. I used to come home and cry some nights, too many nights at one point, because I was just miserable. That's when I realised I couldn't do it any more."

Looking around for a way to free herself from the shackles of her stressful job, Amber considered her options and, having just hired her own personal trainer and being something of a fitness fan, she saw a golden opportunity for a new career.

"I hadn't actually thought of going into the fitness industry before. I'd always been really sporty but never considered it as a career," she explains. "But one day I was chatting to my personal trainer about how he got into the industry, and I thought it would be perfect for me because it's very one-to-one based. I love working with people, plus I've got a good

business mind." As she researched the possibilities, Amber became more and more excited about her new career. "As soon as I started looking at all the anatomy and physiology I thought 'do you know what, I actually genuinely love this. This won't be like a chore because I find it really interesting'."

So, at the beginning of last year, Amber began studying for the relevant qualifications and, ever diligent, she even managed to fit in her studying on her daily commutes in and out of the City. "I'd be on the train at 5.30am reading through these great big tomes, because that was the only time I'd have to study!" she explains.

Passing her various qualifications, Amber quit her banking job last July and had a purpose-built gym installed in her home. She spent the summer setting up and marketing her business lovefit, and opened last October. And, so far, things are looking good. The enterprising businesswoman has built up a good client-base, both men and women, and specialises in pre and post-natal women.

"I've had a really wide spectrum of clients, ranging in age from 22 to 85, of all shapes and sizes. I've got people who are medically dangerously overweight and are doing it for serious health reasons, down to people who want to shift a bit of weight, or those who want to gain muscle and improve their sports performance," she says. Her ethos of making fitness fun has had broad appeal, and helped to vanquish the belief that personal trainers are all British Army major types, subjecting their clients to gruelling exercise schedules.

"Anybody can get fit, even those who would never dream of setting foot in a gym. I think it's important to get to know a client, what they like and don't like, so the training can fit into their life."

As a big lover of the great outdoors, Amber now gets the chance to get out and about much more, either going to a client's home to train them or taking them out in Waterbeach on runs and training sessions.

"In the summer we get outside and do a lot of running, or for those who can't run we do brisk walking, and use park benches to incorporate exercises, before going back in the gym. I try to mix things up to keep it interesting."

Though it's early days for lovefit, Amber is already reaping the rewards of her life change. "It's really rewarding, actually more so than I ever dreamed it would be," she enthuses. "It's the little things like a lady who's got into a dress she hasn't worn for years and getting a text saying a client has managed to run a certain distance, and that's someone you knew four weeks ago couldn't run at all. That means more to me than anything and it's so satisfying."

So does she ever miss the banking job at all? "There is no comparison – it's just such a different life," she says.

"I mean I do work pretty hard still and it has its stressful moments as you're dealing with different people's individual timetables, but the one thing I will say is, it definitely doesn't get monotonous or boring. And knowing that you've helped someone get to their goal; you've held their hand or picked them up through the moments of weakness and kept them on track is the nicest feeling in the world, it really is."

■ Find out more about lovefit training at [www.lovefittraining.co.uk](http://www.lovefittraining.co.uk) Alternatively call 01223 862 346 or 07979 385 713 or email [info@lovefittraining.co.uk](mailto:info@lovefittraining.co.uk)