



BEHIND THE SCENES

# ADAM WHITE

INTERVIEW CHARLIE TEASDALE PHOTOGRAPHY TRENT MCMINN

THANKS TO HIS UNIQUE APPROACH TO FITNESS, NUTRITION AND TRAINING, ADAM WHITE IS ONE OF LONDON'S LEADING PERSONAL TRAINERS. HE MAINTAINS THAT SW1 IS THE PERFECT PLACE FOR HIS BUSINESS TO THRIVE

**How did you first get into fitness and subsequently go on to establish a career in personal training?**

Growing up, I played a lot of football, cricket and rugby, but my background is actually in martial arts, and I even represented the UK in karate. In my early twenties, I was in advertising and property, but a car accident made me realise what I really wanted to do. I started reading Arnold Schwarzenegger's *New Encyclopedia of Modern Bodybuilding* and thought that some of the training might relieve the pain in my back. My chiropractor soon said to me, 'Whatever you're doing, it's working well.' After that, I decided to get into personal training. Initially, I worked at gyms, then spent five years teaching yoga, Pilates, spin and kickboxing and offering personal training on board cruise ships, travelling around the world. When I got back, I opened my studio here on Romney Street.

**And how does your way of working differ from that of other personal trainers?**

When I look at a client, I'm looking at how they hold themselves – their posture, their body language. Physiologically speaking, if people don't hold themselves with their sternum lifted, strong back muscles pulled together and chest lifted, you'll notice they have less confidence than those who breathe fully and hold themselves well. So, when I look at a client, I look at their spine, their posture and their movements and incorporate that into a fitness regime, while also considering their lifestyle and nutrition.

**What do you like most about where your studio is located?**

It's an incredible location – there are government departments, major corporations and amazing residential premises, so I have the opportunity to work with some really fascinating clients.



I often take them to Smith Square or down to the river, so it tends to be as much a cultural tour of London as it is a physical workout.

**And what do you like most about working in the area?**

I actually live just across the road – in fact, if there was a slide, I could go straight into the sauna at the studio from my house! What I like most is that we're really close to the West End, so it's buzzing during the week, but chilled out at the weekends. There are plenty of pubs and restaurants nearby – a great Lebanese on Victoria Street, for instance – and loads of cafés where you can pick up a healthy lunch or snack.

That said, I do like bacon and eggs, so I'll sometimes pay a visit to the famous Regency Cafe to indulge.

**How have you seen Victoria change over recent times?**

It looked a bit bland before; everything is much sharper now. There's a really positive vibe on account of so many new things happening and businesses coming into the area. There are new residential areas and services the neighbourhood has lacked for so long, too, such as a cinema and a Little Waitrose, which I happen to love.

**What words of advice would you offer anyone looking to hire a personal trainer to help them get fit?**

It might sound obvious, but the best thing is to just do it. People are often really fearful about doing exercise because they haven't worked out for a long time, but it's simply about signing up to a gym, booking a session with one of its trainers and feeling good about yourself – perhaps for the first time in ages.

To find out more about how Adam White can help you achieve your fitness goals, visit [awpts.com](http://awpts.com)

FOOD & DRINK

## I CAN'T LIVE WITHOUT...

ADAM WHITE'S TOP THREE RECOMMENDATIONS OF THE BEST PLACES TO EAT AND DRINK IN VICTORIA



MY FAVOURITE CAFF  
**REGENCY CAFE**  
Regency Street

A firm favourite of Victoria residents and fry-up aficionados alike, the Regency Cafe has been serving traditional British fare for almost 60 years. Seemingly unchanged since then, the wonderful Art Deco decor alone makes the caff worth a visit.



MY FAVOURITE RESTAURANT  
**NOURA**  
Hobart Place

Following success in Paris, brothers Nader and Jean Paul Bou Antoun opened a restaurant in London in the Nineties. Since then, its Lebanese menu has become a dependable option for anyone looking for authentic Middle Eastern food in the area; [noura.co.uk](http://noura.co.uk)



MY FAVOURITE PUB  
**THE THOMAS CUBITT**  
Elizabeth Street

Victoria is renowned for its pub culture and has lots of traditional watering holes to choose from. The Thomas Cubitt serves fantastic food in its elegant dining rooms and a good range of British beers and cocktails at the bar; [thethomascubitt.co.uk](http://thethomascubitt.co.uk)