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IN ASSOCIATION WITH **Evening Telegraph**

Beth's business plan works out

IN just six years, Beth Scott has gone from starting a fitness journey to benefit her own self-image to developing her own business and the chance to compete on stages worldwide.

The 25-year-old from Downfield first started training in the gym because she was unhappy with her body.

Having caught the bug and realised she was really interested in continuing fitness as a career, she headed to university.

Beth said: "When I was going to the gym it just completely fascinated me.

"I was in my first year of a vet course and really not enjoying it so I pulled out and decided to undertake a sport psychology course at Abertay University.

"Everything just snowballed from there and now my personal training business, Body by Beth, has been running for two years full-time.

"The business has just absolutely boomed.

BY AMY HALL

"It was a very scary thought to go self-employed and very risky.

"I was so concerned about how I was going to pay my bills but just like anything in life you are never going to know what happens unless you go for it - and it has been the best decision I have ever made."

While training her clients from the Skyaxe Fitness Centre, she also advises them on how to change their diet to see the greatest progress.

She said: "A lot of people just think you have to be in the gym on a treadmill to lose weight but what you eat is so important.

"A lot of the girls I speak to are looking for this magical secret but it is really all about exercising and being aware of your calorie intake.

"I still go to Nandos and have a biscuit with my cup of tea."

Beth's personal training talents are not only being noticed by her slimming clients, she was also named as Dundee's Best



Beth Scott with her award for Dundee's Best Fitness Business.

Fitness Business at the annual Scotland's Business Awards.

She added: "I attended the Dundee Business Awards in August after being nominated for the Best Fitness Business.

"I managed to win it for the Dundee area and now I get to go through to Glasgow for the Scottish finals.

"It was amazing and so cool to be nominated and the fact I won is just the icing on the cake with how successful my business has been for the past two years."

Hard work is worth it on the stage

BETH also focuses on her own body goals and for the past three years she has been competing in fitness competitions throughout the UK.

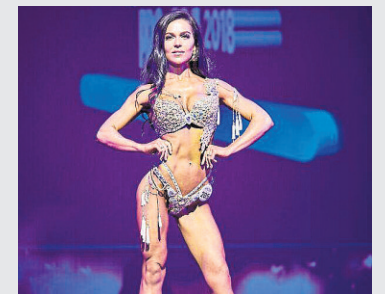
This year she was named WBFF European Bikini Champion and she was granted professional status in the federation.

However, her training, although still hard, it maybe not as intense as you might think.

Beth said: "I am in the gym four times a week. It is really taxing not only on your body but also mentally and affects your social life.

"Preparations and dieting starts months before a show which means no drinking and no big meals out unless I order a side salad.

"It is totally worth it though and I think I set a good example for my clients."



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