**Questions for Ben Hodgkin’s**

Ask ben how he is and introduce him, telling the audience what he does and who he is making him feel comfortable about being on air.

1. What made you become a personal trainer in the first place?
2. At the beginning of the year, do you have a lot more PT jobs than say September time?
3. Are you able to tell who the sort of people are who’ll stay committed to the gym and who won’t?
4. What sort of diets are required for people who go for the gym, depending on whether they’re trying to lose weight or gain muscle?
5. You did a competition that meant you’d have to work really hard to get the perfect body, what sort of sacrifices did you have to make within your lifestyle?
6. After a long hard day of training at the gym and working hard, what would be a typical, perfect, healthy and beneficial meal to have on a night when you get home?
7. How do you provoke motivation for people to consistently go to the gym, especially students who don’t have a lot of time?