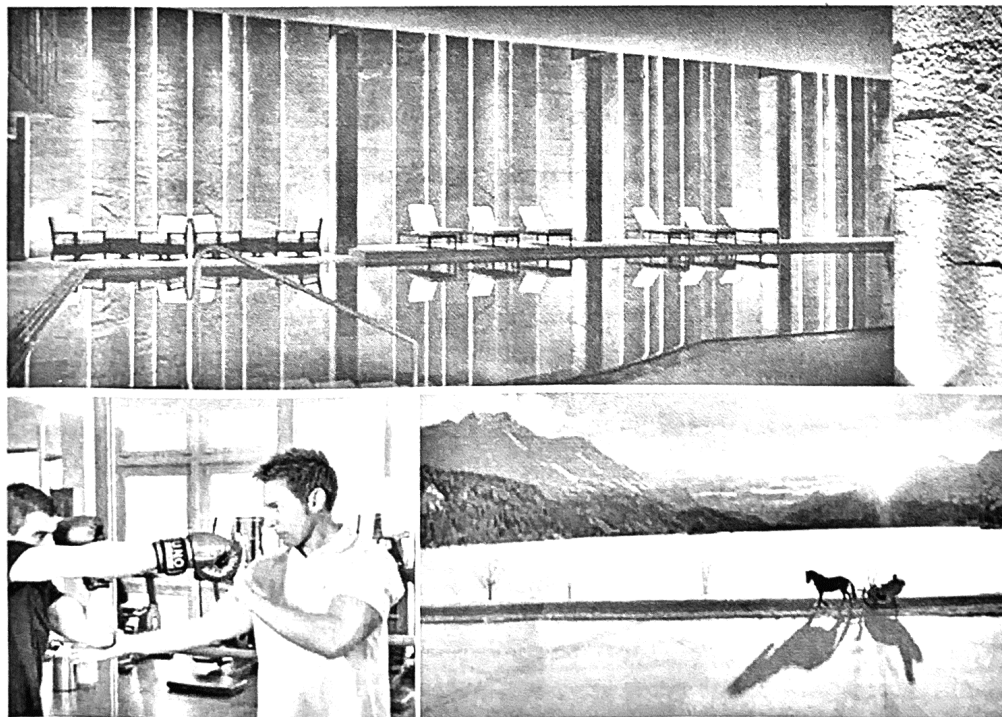




ST. MORITZ: It might be easier than it sounds when you start your weekend with a personal training with **Jopo Pötschger, one of Europe's five best personal trainers**, who works out at the Kulm Hotel St. Moritz during the winter season. He might ask you to start a personal training with any object out of your handbag or he takes me to the Swiss Coop for grocery shopping. These ideas sound odd at the beginning. But when I am instructed to do a full body split workout with my lipstick (which seemed to me the oddest object out of my handbag for a sportive exercise) where I had to concentrate on putting the lipstick with my right & left arm on each side while doing push-ups, I easily forgot about my muscle pain or breathlessness.

Going grocery shopping with Jopo is more a conscious exercise of what to eat and what to avoid. I put all the things in my grocery basket that I like to eat and Jopo chooses best alternative for my methabolic balance, which he defines by the Persofit method which gives you a definition of your entire health status. Jopo talks you through your training session with lots of personalized information which he also shares with his well known clients like Elle McPherson, Uma Thurman, Jude Law, Mark Webber and Elisabetta Canalis. I will keep you posted with more information during the weekend.



Jopo Pötschger at work, one of the best pools I had a swim in, and Lake St. Moritz which is ideal for one round of running [Tweet](#)