

Testimonial

I started personal training sessions with Mark 18 months ago. Previously, I had always gone to a gym on a very regular basis and managed to be well motivated due to the group of people who also went to the gym at the same time. We all went at 6.30a.m each day before work and encouraged each other to continue. However, moving away from that area meant that I had to find motivation to exercise alone which was very difficult. Gym workouts became increasingly boring and non-productive so Personal Training seemed a good option.

By the time I contacted Mark it was 3years since I had seriously exercised and had gained 3 stones in weight and had achieved non-existent fitness!

Mark listened to my exercise 'history' and to what I hoped to achieve. He then worked our sessions to gradually increase my fitness levels and I re-evaluated my eating and drinking habits and together we steadily achieved the results I wanted.

The results have been fantastic. **I have lost the 3 stones in weight and 18" in overall body measurements, got lowered blood pressure, increased fitness levels AND dropped 2-3 dress sizes!**

The workout sessions are always different and challenging but at the same time fun to do. We are now working on toning up and maintaining my new fitness levels. Mark is always encouraging but not bullying or aggressive.

Personal Training worked for me because I need to be pushed to work hard but the results speak for themselves. The results can be gained and maintained but a change in attitude is the most important aspect. **It is not a temporary thing, it is a new way of life.**

Jan Gibbons, North Duffield