

## Testimonial for Mark Tipping 16<sup>th</sup> August 2009

Why did I start training with Mark? I caught sight of myself in a mirror at work and was horrified at how I looked, it was the realisation that I had crept up clothes sizes from a 14 to a 16 over a 12 month period. I saw Marks card in the Chiropractors where I was having treatment for my back and asked Louise if it would be worth me having a chat to Mark about getting fit. She recommended him and said he knows his stuff from treating sports injuries as well as the personal training side.

I booked an appointment which was an initial chat with Mark about what I wanted to achieve, this was a big step in itself, going to meet a Personal Trainer for the first time and saying you wanted to loose a stone and a half!

I had already got my head around the fact I needed to reduce my wine intake, it was a habit of getting in from a stressful day at work and having a couple of largish glasses of wine every night. I also knew I needed to eat more fruit and exercise more. I had been a member of a gym but as with most people when work gets busy it was the first thing to be dropped.

In the initial meeting Mark talked to me about his approach but also let me do the talking, the emphasis is very much on what you as an individual need to do. There was no pressure and Mark told me to give him a ring if I wanted to book a set of sessions. I rang the next day and training started 26<sup>th</sup> January 2009.

I work in Bradford so commute 40 miles each way every day, I don't have any children but have a Senior role where I work long hrs and therefore don't have a 9-5 role. However, I made the commitment to train on a Monday evening after work and a Saturday morning with Mark. I also got my work colleagues to support me by going for a half hour walk twice a week.

The training with Mark is great, no two sessions are the same. There is no fancy daunting gym equipment. You use the bike, fit ball, weights and your legs. The training is done inside and in the garden of the practice which is good if you work in an office as you get the fresh air as well as exercise.

He doesn't shout at you, his approach is structured, he pushes you so you don't stay in your comfort zone. You get a book which you need to write in your daily food/drink and exercise. Whilst this may sound a bit of a chore it works, it gives you the discipline of capturing what you have done as well as a reminder that Mark will be reviewing what you have eaten etc! Stats are taken once a month. The first time I had mine taken I was very nervous, you get weighed, have your blood pressure taken, body fat, lung capacity and waist measurements. I was nervous mainly because it was the hard facts of how I had let myself go. Mark then emails you your stats in graph format so you can see your progress.

Within a month I had already lost 5lb, all my stats reduced including my blood pressure. 6 months later I have lost 2 stone, and the most important thing I am in a size 10/12 skirt/trouser ( depends on the shop I buy from). All over I have lost weight so a whole new wardrobe from under wear upwards has been required! The amount of comments I have received from friends and work colleagues is so motivational, although you don't look at yourself and think how different you look other people really notice the difference. Comments like, you look years younger, you look amazing I wish I could do it.

I really wish I had taken a picture of myself when I started training, I have very few pictures from before but have given Mark a picture from 12 months ago and a picture from my summer holiday this year, it looks like two different people. If you do start training I would really recommend you get a picture taken at the start, whilst you won't be overjoyed when you see it, when you compare your results in a few months time you will be really pleased you had the picture taken.

It goes without saying I am a personal training convert because of the results I have achieved. Mark is the first person to say he just helps keep you on track and makes sure the work outs he designs for you will work. He does more than this, as he motivates you, gives you the hints and tips on what to eat when and how to change your diet. In addition he puts you through your paces every time you train!!

You have to want to do it, there isn't a pill Mark gives you and within a few weeks you have achieved your goal, you need to be committed and not be half hearted. I have given 100%+ as has Mark and for me it has been fantastic! I know people read these sorts of things and think it can't be true or they can't have changed that much. If you don't believe the above I am more than happy for you to ring or email me. Mark will be able to give you my contact details.

Sarah  
Cawood