

It was time I wanted to lose my weight which I'd put on since giving up smoking. I'd put on nearly 3.5 stone in a year. I'd tried many faddy diets in the past but this time I needed more. I'd met Simon McNeilly through my local gym and we spoke about my weight I wanted to lose. He asked me to keep a food diary and I did over a period of 1 week. It was shocking to see what I'd really eaten.

He then came up with a new eating plan which was great because I could eat foods I liked. He also tailored it to my needs and fitted it in around my daily routine. Myself and my partner started to train with Simon at the same time which was great, even though we both had different goals. Chris wanted to tone up get fitter. Simon worked out a plan to get us both to achieve our individual goals.

He assessed our current individual fitness levels and created a plan training the two of us at the same time. It was good when Simon put our plan together because he had us working out at the same time in a group training session but at different intensities.

Since training with Simon we have done power walking, running, boxing, skipping, circuits, and he trains us to our Peak Aerobic Heart Rate Training Zones. We wear our heart rate monitors which he constantly checks to make sure we are not under training or overtraining, In effect he is training us to our hearts dictation.

Simon keeps you very focussed on what you want to achieve. He pushes you when you need it and rewards you when you deserve it and he always checks to see how you are feeling constantly throughout each session.

I e-mail our food diary to him which he reads and advises. He always guides me though my plan and if I have gone wrong somewhere he corrects it immediately.

I started with Simon 3 weeks ago and in that time I have lost 10lb, 4.5 inches and I feel great and confident. We are only at the beginning but already I can see my dreams happening

If you have goals you want to achieve my advice is take Simons help, he will get you there

Anna and Chris