

I approached Simon McNeilly in August 2007 for help in fitness recovery and weight loss. I was 76 kg and in very poor shape.

Simon took time to understand my health history and my current diet and then developed for me a structured set of objectives, diet advice and a training regime. I started off by seeing Simon 3 times a week and now its 2 times a week. Simon has systematically built up my aerobic fitness and strength training, making the sessions challenging but not excessive.

This is quite a skill and Simon seems to be able to judge well how much I can safely extend myself and how best to motivate me. I have been very impressed by how well prepared he is for our sessions and the amount of variety he designs into them. It is now November 2007 – I am down to 69 kg a 7 kg reduction on my starting position – and I am getting fitter and stronger each week. Life changing stuff.

The exercise programme continues to evolve as I regain my fitness and the ongoing advice on diet. I have found Simon as a partner in my health and fitness programme to be invaluable – I want to succeed for myself of course but also not to let Simon down as he is so committed to helping me achieve my objectives.

I have no hesitation in recommending him to others. He is very knowledgeable about all levels of fitness and diet as well as being very approachable and encouraging. One all round damn good personal trainer.