

I have always been interested in sport from an early age enjoying rugby, kick boxing and weight training in my teens and early twenties. I then picked up a series of injuries which turned me off sport for 3 years until January 2007 where I found it painful to bend down and do my shoes up and finding near impossible to find clothes that fitted me. I was over 17.5 stones (113kgs) and over a 44 inch around my stomach and 40 inch waist.

I decided that I need to get back into the gym and stop the chances of seriously damaging my health.

I managed to lose some 13kgs in 9 months (15.8 - 100 kgs) and lost 2 inches round my waist and about 1 inch round my stomach which is some good going but something was missing from my training. I had hit a wall staying the same weight for 3 months and not shifting any fat even though I could spend up to 2 hours four times a week in the gym, and I was starting to have problems with my knees.

I then decided to enlist the help of Simon McNeilly to see where I was going wrong. Instantly he looked into my diet and my current training program and made some major tweaks to my diet and my exercise program.

Simon gave me a routine of Boxing, skipping and a mixture of cardio vascular exercises and said he will make me lose 4 inches of my stomach by the end of November.

Within 1 week of changing my diet and exercise program I started to shift weight and I found my energy levels increasing dramatically and the pains in my knees stopped.

It's now been 3 weeks and I have had only 3 sessions and I now weigh 93.4KGS! That's 14 stone 8 a staggering 1 stone in 3 weeks! I have a lost 3 inches of my waist 35 inch waist and I am about 5-6 inches round my stomach and the weight is still coming off.

I have found that my Asthma has almost disappeared and my snoring has almost stopped and my craving for snacks has completely stopped! I think without the Simons help I think I would have struggled to get myself to this shape or I would have picked up another injury.

I am so impressed with Simon McNeilly's professional approach and his dedication to helping me out. I would recommend Simon as a personal trainer as he certainly has improved my physic and improved my confidence.