

I started my personal training one stone heavier, no motivation, no energy, tired all of the time and a belief that at the age of 42 maybe I'm too old to be what I want to be.

I am now achieving things that I struggled doing when I was young and I really can't believe that it is actually me. Simon makes the training fun and adds lots of variety; you never know what you will be doing next. Simon tailors the training to you as a person; he focuses on what is important to you as an individual, he works really hard to ensure you achieve your goals and helps you grow in confidence.

Diet is another important part of the programme, he gives you dietary advice. I'm never hungry and I find the food gives me lots of energy and I really feel ten years younger.

I originally booked 10 sessions which was worth every single penny and have just signed up for another 10 sessions, I don't need the frequency now I've found self motivation, but I do need the knowledge and the excitement.

I would wholeheartedly recommend Simon and would love other people to benefit as I have.

Julia Hunt