

A little over a year ago I weighed nearly 23 stone and decided it was time to do something about it. So I re-worked my eating habits through re-educating myself as to what was good to eat and what I should avoid. Perhaps the biggest and scariest thing I did was joining the gym. At first I was terrified of what people might think of me being in there. However, all my fears proved to be unfounded as both the staff and all the people going to the gym were lovely and very kind.

It helped having a programme tailored specifically for me so I could achieve my goal of losing some weight. Needless to say it didn't come easily and I've had to put in a lot of hard work and hours to get to where I am now. In the last year I've managed to shed just over 7 stone and am now in the process of building up the muscle I've acquired and shaping what I've got. I myself can really see the difference of having a personal trainer session once a month has made. It's helped me focus right down on what I want to achieve and how I'm going to get there. I'm sure that before too long with the help and guidance from Andy and the support of my friends and family I'll be at my goal in no time.

Tristan Bodman

Starting weight 23 st 1lb

Current weight 15st 10lbs

I have always found Andy very helpful in adapting our training sessions to strengthen areas, if I have been struggling with aches and pains. In my job I drive a lot and do suffer with this type of problems. He has also been able to demonstrate useful stretching techniques if a particular area of the body is causing a problem, which I have then used outside of our sessions. If I have found these either ineffective or troublesome to perform he has demonstrated how to modify these to be more effective.

Over the last 5 years I have always found Andy helpful and willing to go beyond just delivering an exercise session. He does push me, which is what I pay him for, but when he sees I am struggling knows when to stop and ensure, injury is not going to occur.

I would recommend Andy to any of my family, friends or colleagues who wish to take their exercise beyond the casual gym use.

Ian Mumford