



Adela Ford Testimonial for Dave Hughes 14/04/08

I joined the gym just over 3 years ago, mainly to lose weight and get fit, but also to meet new people and improve my overall self esteem.

I attended the scheduled classes in the fitness studio but tended to stay away from the treadmill, cross trainer and weights not only because I found the exercise boring but it wasn't as much fun on your own! Unfortunately I found myself becoming de-motivated and that's when a friend recommended David Hughes

I had hoped to improve my fitness levels and get me motivated again. That is exactly what happened!

I was almost 12 & half stone when I started training with Dave and have lost more than 1& half stone plus countless inches off my stomach, thighs, hips and bum, all the areas us women aren't happy with! I didn't ever think I would enjoy exercise as much as I do now.

I certainly didn't think I would ever take part in running events, I used to hate the treadmill. I have achieved a great deal over the last couple of years, my biggest success was taking part in the Race for Life in July 2006, I ran 5k in just under 40mins, without stopping, it was a great feeling!

I had weekly sessions to prepare me for the race, Dave trained me outside, which was great, but was very grueling running up and down those hills in Elmdon Park! I have always really struggled with my diet and Dave has also helped me to think about what I eat and change my eating habits.

Filling in a weekly diary sheet is a great incentive not to cheat, and knowing I am going to be weighed every 2 weeks makes me think before I eat that bar of chocolate! I am not perfect I have had many blips along the way but Dave always gets me back on track and continues to motivate me.

Dave is a very professional and highly motivated personal trainer who certainly won't let you give up and helps you achieve your goals, he is extremely committed to his clients and looks great in a pair of shorts, which helps!