



Testimonial for David Hughes Of Activ8 Fitness – Com

Name Graeme Long	Start Weight	98kg's	Finish Weight	88kg's	Lost	10kg's
Age 39	Start Body fat	28%	Finished Body fat	18 %	Lost	10%
Date Feb 2007						

As you can see, I have lost 10 kg's, which is 22 pounds in the space of four months & 10 % body fat reduction, which has taken me from out of the red which is obese category into the green which is healthy body fat category.

Before I started with David, I used to visit the gym regularly about 3 times per week, without seeing any results or progress.

I was just maintaining my weight and eating what I wanted, which I thought was a healthy balanced diet. My weight and fitness started to change dramatically with the professional help from David.

At my first training session with David, he took all my weight, measurements and body fat & he continued to do this every 4-5 weeks. David also weighed me every week, which really made me focus on my diet and train even harder.

Once David looked at my diet, he advised me that I was eating too many of what David would call 'cheat meals'. (e.g.:- chips, chocolate, cheese etc.) whilst not eating enough protein. However, David felt that my diet was not too excessive of bad foods. I therefore cut out chips, chocolate and cheese completely, plus cut out any lager intake during the week, with a few wines if I wanted in the week and kept to a few lagers on a Saturday.

I continue to have my "cheat meals" on Saturday and Sunday evenings only which may consist of curry or Chinese food or the odd portion of chips now and again. I now eat a lot of chicken, rice and vegetables during the week.

David really helped me with my diet and I am continuing with my healthy lifestyle eating the healthy options. I actually find it quite easy - it is just habit with some foods! This gave me more energy and I looked forward to working out at the gym more.

David's personal training sessions were varied each week which made it more interesting. He pushed me to my limit week in, week out and without David I can honestly say there is no way I would have achieved my goals. He gave me expert personal training and changed my diet.

My advice to anyone now who asks me how I look great, how I have lost my weight and how I look a lot healthier is that there would only be one answer.

See David Hughes! Forget these diet clubs - personal training with David is the only way!

It is the best money I have ever spent, plus I enjoyed my programme and getting great results very quickly.

Go on book your personal training sessions with David now - see those pounds drop off I will certainly

Be booking another course with David

Thanks David.

Graeme Long
PGA Golf Professional