



Testimonial for David Hughes

Why did you start exercising with Dave Hughes of Activ8 Fitness?

I have been a member of the gym for approximately 10 months and although I had previously had some 1:1 training sessions with other instructors, I had never really had any structured routine for me to work to whilst at the gym. Whilst using the gym I noticed how Dave worked with his clients and I believed that I could benefit from having Dave as a Personal Trainer.

You came to me for what reason?

Basically to lose weight, tone body, increase stamina and generally improve my all round levels of fitness. I believe that in order for me to achieve this I needed a structured routine and some personal goals to reach, not only in the form of exercise but also with my dieting.

What challenges did you come across?

The biggest challenge for me was the changes I had to make with regards to the amount and types of foods & drink that I consumed throughout the day. Under Dave's guidance and with a weekly food diary in place we totally changed the types of foods I ate and also as to what time of the day I ate them. By completing the weekly diary we monitored, discussed and removed foods that were not beneficial to the results that we were both looking for

What was your largest success?

In the short time that I have spent with Dave (8 weeks) losing 1stone has been a great and personal achievement for me. Not only have my fitness levels increased enormously, but I also feel better within myself knowing that I can achieve my personal goals. The biggest success for me is that I feel and look better about myself, which in turn has given me greater confidence both in and outside of work. Family, friends & work colleagues have noticed and commented on how my physical appearance has changed and how well I look

How have I kept you motivated?

Dave has kept me motivated by constantly reminding of what we discussed during our first training session and the goals that we then set. During each of the weekly training sessions Dave new exactly what needed to be done in order for me to achieve my goals. Whether it was whilst running, rowing or working with weights Dave always new when I needed to be "pushed" that little bit further or harder in order for me to beat my "personal bests". I would just like to thank Dave for all his assistance and professionalism that he has shown during the short period of time that I have worked with him.

Thanks for all your help David.

Regards
Brian Ahmed