



CAROL DAVIES TESTIMONIAL

I had been on holiday in October 2006 to Italy had a great holiday took some lovely photos, or so I thought, received photos back at the end of November, and on that particular film were some shots of my birthday in August 2006, to say that I was SHOCKED was an understatement, I could not believe what I was seeing. The next day I joined Fitness First, I had my consultation was weighed etc, asked what my goals were, etc, was shown how to use some equipment, and told I would be checked in 6 weeks. During this time I was able to run for 2 mins and walk for 2 mins on the cross trainer, row for about 2mins and lift 2kg doing arm curls, I lost about 2 lbs during this time It was now well into January and the weight was remaining the same, I had a Personal trainer, but was not achieving any results.

In April 2007, my life changed I asked Dave Hughes to be my PT, from the first consultation, Dave's approach and professionalism, really impressed me, he asked me what I would like to achieve, talked to me about nutrition, goals, and training programs. I started training with him the next week, he was really patient and understanding, when I said I can't do this he would say just try and encouraged me all the way. It took me 3 months to get my head right regarding food, Dave gave me food diaries, which I completed weekly and gradually without realizing it started to enjoy eating the right food, and achieving that bit more running further, lifting heavier weights, and most important steadily losing weight regularly and continuing to do so.

I have lost almost 3 stone, 18kg, have dropped from a size 16/18 to a size 12 and from 82kg to 64kg at the present time, I am more confident, outgoing, like to go to functions and meet people, enjoy shopping, for the first time in years. I completed the Sutton Fun Run 13k on 1st June; this was an impossible thought last year. Dave Hughes is a great motivator and it is like training with a friend he is a hard task master, and encourages and supports you through each training session. I would like personally thank Dave for changing my attitude to life in general, healthy lifestyle and for giving me the encouragement to believe in myself and be proud of what I have achieved. I would recommend Dave Hughes to anyone who wants to train and better themselves. THANK YOU DAVE, YOU HAVE MADE A DIFFERENCE TO MY LIFE.