



Dave Belcher
92 Tibland Road
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Birmingham

Testimonial for David Hughes of Activ8 Fitness

Dear Dave

I am writing to thank you for your hard work & dedication to me with my training regime which you devised for me. I would strongly recommend you to others as an excellent Personal Trainer, who is very passionate & dedicated to his job.

I had been training at the gym for 18 months before I consulted you & I was making no real progress!!

Yet as soon as I started training with you, with the routines you devised for me I saw a huge difference both physically & mentally.

The nutritional advice which you provided me with as well as the training programs was very effective & I lost 24 pounds (2 Stone). I also felt my overall fitness had gone through the roof.

Before I started training with you I was lacking motivation, yet with your help & passion for Personal Training, my motivation soon increased & I started to enjoy working out. This became something I wanted to do rather than something I used to dread doing!!!

With your help, passion & expertise, I reached all my goals & targets – which I strongly believe would not have been achievable without you help & knowledge.

6 months later I have managed to keep my weight down & continued to eat healthily & have stuck to the program you devised for me & not because I have to but because I wanted to as the information and regimes are very enjoyable and very effective which I would like to thank you for all your help.

Many thanks

D. Belcher