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09/08/2007

Testimonial for David Hughes of Activ8 Fitness

On January of this year I joined the gym. A friend of mine introduced me to Personal Trainer, David Hughes.

At this time my weight had increased up to 15 stone. I had attempted to lose weight for some time, but through my lifestyle, bad diet & lack of exercise, I was unable to achieve this.

David informed me where I was going wrong with my diet & exercise. He started me on a new eating plan & also put me on a new exercise regime.

He monitored my eating habits with a food diary & devised me training regimes for me to do on my own.

Now I go to the gym 4 – 5 times per week & my eating habits have changed for the better.

With David's expertise I have lost 2.5 stone or 16 kilos. I also feel more confident in myself & I have more energy than I have ever had & now look forward to my sessions at the gym.

I can only thank David for this!!!!

I would recommend anyone wanting a healthier & fitter lifestyle to go to David Hughes; he will put you on the right road to success.

ONCE AGAIN DAVID THANK YOU FOR ALL YOUR HELP!!!!

Many Thanks
Mike Hutchins
Land Rover Maintenance Electrician