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Personal recommendation for David Hughes Activ8 Fitness

I joined the gym in April 2004 a week after my 33rd Birthday (the photographs did it) with the attitude that I needed to get fit and lose weight as I had gradually gained weight over the years and recently stopped smoking which hadn't help.

When I joined the gym I weighed 102 kg around 16 stone. I started training with Dave in June as I had lost some weight but did not really understand about how a lot of the machines worked and what sort of exercises I should be doing to maximise my weight loss.

Together we discussed my existing diet and how I could change it. His eating strategies and options were easy to follow and there was always room for a bit of give and take. Believe it or I not I now look at food labels and understand them. Dave asked me to set some goals for myself i.e. Something to aim for. I wanted to be 12 stone again (not since my early twenties) and increase my fitness levels.

I met with Dave once a week were we did cardio and weights generally doing something different every week, increasing my stamina and strength pushing me that little bit harder .

I cannot thank Dave enough. He has taught me so much about fitness, nutrition and what you can achieve with a little help. I now weight 72 kg (11 stone 4lb) over half a stone under the goal I set myself. I eat a healthy well balanced diet and enjoy coming to the gym to train.

You to can do this if you really want to and are prepared to put in the work; it's just easier with Dave's help.