



Maureen Russell – Testimonial

Back in 2002 I began exercising in an attempt to lower my blood pressure, lose weight and increase my overall fitness. However by June 2007 – after five years of fruitless and inconsistent exercise regimes, and two personal trainers later – I decided to begin training with David Hughes.

In the gym David had an excellent reputation and after just a couple of sessions I fully understood why. I turned up at our first session de-motivated and not fully believing I would ever reach my goals. However, within a few short months my confidence had been boosted and I was well on my way to achieving my aspirations.

David's professionalism is clear for all to see – the workouts he prepares are personalised and varied, ensuring I remain focused and passionate. The work he does behind the scenes is astounding, and this certainly reflects in the training sessions. Even putting exercise aside, the food diaries he instructs me to keep, the targets he ensures I always have in mind and the way he is able to motivate me on a personal level makes the whole experience top class. This motivation extends beyond the gym and into my daily life as I look to work as hard for myself as he does for me, especially with regard to my nutrition, something we have looked to focus on.

Ten months later I can honestly say that having David as my personal trainer is one of the best decisions I have ever made. My blood pressure has dropped considerably, far more than it had in the five years beforehand, and my weight has not only come off, but stayed off! With regard to fitness, when I went to David I struggled to run for even a minute, but I can now run for thirty minutes without stopping – a statistic that speaks for itself.

In all, I cannot recommend David highly enough. Although I only see him once a week, his influence has extended throughout many aspects of my daily life and I credit him for always pushing me to achieve my goals. Thanks David!