



Rachel Kearney– Testimonial

I have been a member of a gym for several years, and enjoy exercising, but found that a busy life, family commitments and working erratic shifts made it difficult to attend regularly and I often found I lacked the motivation to exercise when I had such little free time available.

With my wedding approaching I wanted to increase the amount I worked out and improve my fitness in order to look and feel the best I could for the big day, but wasn't sure I would be able to find the time or the motivation to do so. Friends recommended Dave to me as a personal trainer who could help me get motivated and see results.

I started training with Dave just 6 weeks before my wedding day and I was absolutely amazed and delighted at the results I managed to achieve in this short time.

One of the first areas Dave helped me focus on was my diet and nutrition.

I had always thought that I ate reasonably well, but by encouraging me to keep a food diary, Dave helped me focus on what I ate and when, which made me realise how much of what I was eating was unnecessary and out of habit rather than hunger. He also helped me address my “chocolate addiction” and question whether I really needed to eat chocolate every day! By writing it all down it helped me realise just what I was eating- I'd never really acknowledged this before. By thinking about what I was eating and when, I found I was able to make positive changes to my diet that were soon evident in my improved skin, hair and weight loss, without ever feeling like I was “on a diet” or going hungry.

I'd always been somewhat acceptant of my body shape and weight, and although I'd always longed to loose fat from my tummy and hips and shift that stubborn 3/4 of a stone that refused to move no matter what I did, I was happy to overlook this in my hectic life, and thought I was fairly healthy. But when Dave performed a full assessment of my measurements I was quite shocked to realise I had a relatively high body fat percentage, which carries potential health risks, and this gave me further motivation to “shift the wobble” for good!

I found exercising with Dave was challenging and at times exhausting but also great fun and very rewarding. He set me testing but achievable targets, which helped me, keep focused and motivated, and devised a thorough, varied and highly effective training programme for me. He pushed me to get the most I could out of each session, and I was amazed at just how much I could achieve with his encouragement.

Dave is very personable and approachable, and although always professional in his manner, I soon felt as if I were working out with a friend who was genuinely interested in helping me make the most out of myself. I learned new skills and techniques, which have improved my overall performance when working out independently. I found strength and determination I didn't know I possessed, and pushed myself harder than I had ever imagined I could. I was amazed and delighted to



watch my body change shape so rapidly and find myself looking and feeling better than I ever have before.

I had a wonderful time on my wedding day, and I can honestly say I have never felt more fabulous. I feel I owe much of this to Dave and his part in helping me make the most of myself, and pushing me to really achieve results. I intend to continue my personal training with Dave when I can, and use the skills and techniques he has taught me to maintain the level of fitness and the results I have achieved.

I would definitely recommend training with Dave, whatever your circumstances, he really does help you focus on your goals and stay motivated to help you work hard and really see the benefits. Thanks Dave!

Rachel Kearney
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