



Anthony Vozniak – Testimonial

29 November 2007

Want a Personal Trainer? Want to lose weight? Then look no further than David Hughes, Personal Trainer.

In April 2006, one cold morning, I had been to the supermarket and was carrying the shopping up the one flight of stairs to the flat I was renting. I couldn't do it, I had to stop half way, I was out of breath.

It was at this stage I decided to do something about my general lack of fitness and face up to the fact I was overweight.

I joined the gym the following Saturday, and within a few days was back at home bored. I couldn't run. I needed motivation, needed guidance; above all, I need help.

So I turned to a Personal Trainer, David Hughes. Dave initially came across as very friendly and professional, and this has been a continued attribute until this day.

Within a few weeks, Dave had me on a structured program to reduce my weight and also improve my fitness and flexibility. Dave's motivation skills were second to none and with his help I started to look forward to the gym lesson's, as each one would bring new challenges.

During the period April 2006 to April 2007, I lost over 5 stone, and even managed to run 10 kilometres for the first time ever in my life (and I'm 34 now!).

But this is only half of the story. I would not have achieved this through exercise alone. Dave is much more than a trainer. He has given me the tools to ensure that I make balanced judgements on the food that I eat and the exercise I take. Goals and targets have been set monthly, with the aim to improve fitness and reduce body-fat. Dave has done his research and we have done many different forms of exercise. Programs are reviewed and updated on a frequent basis to ensure muscle groups are being exercised in different ways.

Dave must be one of the friendliest, caring and genuine persons you would ever care to meet. All can say is go for it; you will not be disappointed.

Yours sincerely
Anthony Vozniak