

Would like to say a massive thanks to [Regan Hartley](#) at Energised Personal Training. After moving home from Australia 2 years ago and indulging in some of New Zealand's great food I got myself bigger than I had ever been before putting on 20kgs. After realising it was time to do something I went and seen Regan you got me onto a diet that suited me. Regan was very helpful along the way and taught me some stuff about nutrition that I didn't know about. Along with a lesson every week and a workout Regan gave me to do at home everyday I managed to shred 14kgs in 6 weeks. Have never felt so good before. So yeah cheers heaps Regan and look forward to our weekly sessions. Anyone thinking about doing something about their weight, I highly recommend contacting Regan.

