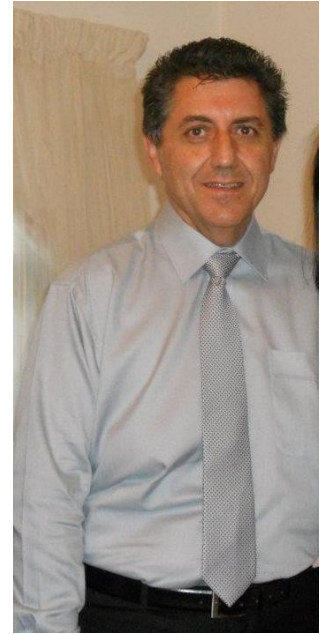




Before



Before



After 17 weeks training

In July, after much soul searching, I decided enough was enough, and it was time for me to take action to regain my body and start eating healthy food, both of which had disappeared off the radar.

Recommended by a friend I decided to join Snap and engage a PT employed by the gym. I was very fortunate in being allocated Regan Hartley as my PT. We sat down and in a non judgemental, non threatening manner discussed my goals with me and prepared a programme, which included a variety of exercises and healthy eating, which would help me get there.

I am delighted to say that in a few short months, I am well on my way of achieving my goal weight-as of today I have lost 28kgs! (in 17 weeks of training). Yes there was a lot of weight to shift, but Regan supported, and encouraged me with every step I took. He continues to play an important role in me reaching my goal weight. Regan monitors and adjusts my exercise programme so that it targets the areas that need to be worked on, in line with my changing shape. This also means that I do not become bored with exercising.

Thanks to Regan I look and feel fantastic! AND if there was any doubt, I just need to look at the photos of where I was and where I am today, kindly put together by my big sister.

Thanks Regan, you're a champion!

Mr. Loui Saraceni

21 November 2011