

Michael

November 2017

After hopping on the scales and almost having a heart attack at the weight I had put on I decided it was time to do something.

A good friend of mine pointed me in the direction of Regan at Energised personal training.

After the first session I was very impressed and knew I was at the right place, I had been to a few gyms in my time and had a few PT's, you can genuinely tell Regan wants to help you & goes the extra mile to give you the extra motivation you need to give it a good knock.

My goal was weight loss, Regan created a gym plan for me to do in my own time, a meal plan which was very helpful and a weekly one on one session.

After seeing regan for 4 months I have lost 15kg, became a KETO master in the kitchen & best of all I have more motivation than I did at the start & want to keep on going, I look forward to the weekly trip out to Kaiapoi, the setup Regan has is really cool, loads of equipment to test you and nice n warm in those cold winter months.

Anyone who wants solid results Regan is your man.

April 2018

I work at the airport as an engineer so Anytime Airport was in a handy location to call into after work, I got put in touch with Regan Hartley who runs his own PT business @energisedpt.

Regan put me on a solid workout and meal plan. I saw him every Tuesday and did all my other training at Anytime airport.

Food wise I went full Keto diet, high fat & protein, minimal / zero carbs, so no more beers but, bacon and eggs is on the menu.

After seeing fast results I got fully hooked, so far after 9 months I'm down almost 30kg, loving the fitness bug.

