

Testimonial

10/07/2019

Motivation

- I have known Regan for four years and first met him at Snap Fitness at the Palms. He was one of the trainers for a six week challenge. I was pretty jealous I was not put with him as I could see how he motivated and supported my friends. I left Snap and went to another smaller gym. I grew unsatisfied with my results and attitude of the trainer I sought Regan out. I am super pleased I did!
- I started with him in March 2018, going once a week and also a Bootcamp he organised on a Saturdays. On my first session with Regan he asked me a great question -'What was I unhappy with?' Having to think about and verbalise this became the core focus of our sessions.
- He was instrumental in helping me lose weight (over 21kgs) and improving my fitness. This was through expert nutrition advice, excellent PT sessions and a genuine interest in seeing me achieve my goals.
- I would highly recommend Regan for anything to do with fitness. Even though Energised Personal Training is in Kaiapoi and I live in Cashmere, it is so worth the drive to see him!

Rebecca Pilbrough

