

February 2019

Rhys says:

“Over the years I’ve tried all sorts of things to lose weight. I’ve tried various diets, running, swimming, watching what I eat and all sorts of other things. Nothing worked in the long term. I either had the wrong technique, didn’t push myself hard enough or lost interest. I had a few cases where I lost a little bit of weight but that was on diets that left me starving, grumpy and malnourished - and I put it all back on when I stopped.

I’m currently half way through a 12 week program with Regan. At the beginning I set a weight loss goal and never thought I’d ever reach it. Half way in and I’m already at my goal! I haven’t made any major life style changes, it’s little tweaks. I do a short session with Regan once or twice a week and he’s always on hand to educate me on what I’m eating and doing. Knowing what to avoid and how to do things correctly has made all the difference. Like a lot of people I was dubious about having a personal trainer, I was worried I’d be made to feel fat, useless and lazy. Regan’s sessions are fun and he gets you working hard and sweating without being made to feel incompetent. I feel so much better - I’m sleeping better, I’m not hungry through the day, and I have much more energy. All in such a short time. I cannot recommend Regan highly enough for people who want to train with a friend and really get a sense of achievement”