

Michelle has been a client of ours for 18 months. She believes she has a little bit further to go but we are pretty proud of her achievements to say the least. She is the reason we do what we do. We really do want to be involved with changing lives. Here is a good day at the office for us ☺ Well several actually! We were the catalyst, she did the rest (the hard part). She had to battle an old ankle injury and a diagnosis of being a coeliac before she could really get going. But going she got!



- **Body fat** reduced by almost 40%
- **Cardiovascular Fitness** improved by an almost unbelievable 100%!
- 30cm lost off the hips
- 25cm off the waist.
- 10cm off the arms
- Consistently rides her bike now for 2 hours each weekend
- Life changing?
- You tell me.....