

Client Testimonial – page 2 cont'd

- increased cardiovascular fitness
- probable increase in metabolism
- overall increased energy level
- increased ability to recover from illness, lack of sleep, daily stress, alcohol abuse on weekends
- sleep better
- overall mood enhancement
- decreased PMS

My family on the whole has benefited from the experience in the following ways;

- all family members eating better
- all family members imitate exercise habits
- all family members provided with good advice for lifestyle change by Murray and motivated to act on them
- two other family members have become clients as well

Of course, given the list of benefits achieved as an individual and on behalf of my family in general, I would not hesitate to recommend the commitment to a personal trainer as a route to lifestyle change for anyone. Murray has provided us with the knowledge, advice and most of all motivation to live a healthier life.

New Goals

- increase to two circuits per week
- continue to increase overall muscular strength
- maintain body weight
- maintain healthy eating habits
- maintain energy level
- continue to maintain all other benefits through program