

September 1, 2004

Phoenix Fitness-Ancaster

PERSONAL TRAINING TESTIMONIAL RE: VINCE DELMONTE

Earlier this year I made a decision to take my fitness goals a little more seriously. At that time I was a very active person who regularly worked out and participated in other activities, however, I was not achieving the results I was after. I met with Vince to discuss if personal training could help me achieve my goals. I am happy to say that since June I have been training with Vince two to three times a week and the results have been great. I have increased my strength, decreased my body fat and most importantly increased my knowledge of how to train properly and smarter. Vince's approach to training incorporates all aspects of a healthy/balanced lifestyle, from the amount of physical training, rest and nutritional needs required to get fit. I am actually spending less time in the gym now and achieving better results than I was prior to training with Vince.

Once my training with Vince comes to an end later this month I feel prepared to continue my own training. Vince has passed on a tremendous amount of knowledge regarding the body and how it reacts to exercise and nutrition and how to incorporate this into an effective training program for myself.

It has been my pleasure (and sometimes pain!!!) to train with Vince.



Kerri Ott