

Samantha & Jon
Life Force Fitness
Moulton Park

Dear Jon and Samantha,

I would like to thank you for the expert tuition and coaching provided since the end of January.

When we met for the 2 hour food coaching session we set targets for my wife Karen and I to meet over the following months.

I would like to say that I have really enjoyed our sessions in the studio, but I would be lying. However, I never expected the exercise part to be easy given that the last time I really exercised was when I was 20 and the results speak for themselves.

The food on the other hand has been a revelation. Back in 2008, I lost 4 stone (25kg) in 5 months. I now know that I did this the wrong way (i.e starvation) and had got into the habit of not eating enough let alone enough of the right things!

To my surprise, I have been eating more calories than I have eaten in the last 10 years and have now lost nearly 2.5 stone (15kg) on your programme. I also now feel equipped to manage my weight in the future whatever my level of exercise. I am stronger, fitter, and can actually get into the orange shirt I bought back in 2008 which always felt just that little bit too tight to wear. Indeed, I am now at the lowest weight I have been in the last 35 years.

I saw the cost of the programme as an investment in life and have been extremely satisfied that it has delivered everything I had hoped for.

Your sincerely,



Clive Hawes
Profound Image