

The logo for Kingsley Roofing Services is a stylized blue mountain range with three peaks of varying heights. Below the logo, the company name is written in a bold, black, sans-serif font.

Kingsley Roofing Services

Testimonial for Jon & Samantha at Life Force Fitness

After my fiancé cardiac event at 27 years old I met Jon about 8 months later. I explained the situation and he was more than happy to speak to her as other places would not. At this time Robyn's confidence was rock bottom mentally and physically. It scared her to even chase the kids at the park and take the kids swimming or any physical activity. We met Jon and Samantha at the gym a week later and you both made Robyn feel at ease assuring her she would be the only one in the gym. Samantha took this even further by researching her heart condition and to make her feel even more at ease she put a heart monitor on her to help build her confidence. Fast forward a few weeks and Samantha was concerned she wasn't hitting her goals but didn't want to knock her confidence so she called me to discuss. Between us both we realised her goal was not weight loss or even to get fitter and healthier but to bring her confidence back. So Samantha scrapped the food plan and offered her an extra session in the gym free of charge because she now saw it was to rebuild her confidence in herself. This attention to detail from Jon and Samantha has led to me noticing this immense change around 10 weeks later. Robyn will now chase the kids at the park. The other day she was on the trampoline not worrying about anything. I genuinely believe the work Life Force Fitness have done has made this change without it she would still be seeing that her body has let her down but Samantha has shown her she can do it. You really don't understand what it means to me the change you have created not only have you helped a woman physical but also mentally. So from the whole family we thank you.