



## Testimonial for Life Force Fitness

Sometimes a few things in your life make you reconsider things. I went to Jon and discussed changes I wanted to make.

Although I have always done a lot of sport I have never done any gym or weights.

Jon developed a personalised plan including a weight and fitness plan and dietary plan over a 12 month period. The numbers and time period looked daunting. I discussed this with my wife as I would need a lot of support at home and there is a financial cost to this level of commitment.

I started with Jon the 1<sup>st</sup> week in January 18, it was physically very tough but as the weight came down and I started to get my fitness back and a sadistic enjoyment started to creep in.

Jon's hand on training has allowed me to progress further than I thought I would. Due to a few old rugby injuries I was a bit concerned, Jon's attention to detail has enabled me to train in a safe and correct manner.

I am now 3 months into the plan, my weight has reduced by over 2 stones as well as putting on muscle. I now walk at least 5 or 6 mornings a week, quadrupling the amount of walking I used to do. My diet has improved and my general feeling of wellbeing is so much better.

I have a further 9 months to go and I know Jon will see me through to the goals we have set.

I would highly recommend to anyone even thinking about fitness and weight loss.

Jon and Life Force Fitness.

**Roland Cox**