

TESTIMONIAL

Jon Bellis – Life Force Fitness

Having always been a member of a gym, eating a (reasonably) healthy diet and remaining active, I'd never seemed to crack weight loss. A 6 month course with Life Force Fitness changed all that.

The initial consultation - set up for success - was fantastic. Jon helped me work out some goals, we established a meal plan that could fit around a busy lifestyle, and even allowed for the occasional beer provided I balanced my calorie intake suitably! The science behind it really blew me away though. With so many fad diets and 'essential' exercises around it's hard to work it all out - but with Jon's explanation it made sense, was grounded in fact rather than fad and has changed my outlook on food and exercise for life.

The sessions were tough, but Jon perfectly balances that middle ground between drill sergeant and supportive colleague - he instils belief and constantly monitors the performance to ensure you're lifting correctly, ensuring existing ailments aren't affected. I struggled to get through the first few sessions but Jon analysed my day, and with a few tweaks to meal breakdown and timing, I was raring to go through each session, surprising myself with how much I could achieve each time.

Big thanks to Jon and the Life Force Fitness team for changing my life - I am so much more confident in myself, can wear my shirts again and am getting up early mornings to exercise regularly too!

Sam Sayer

Creative Director