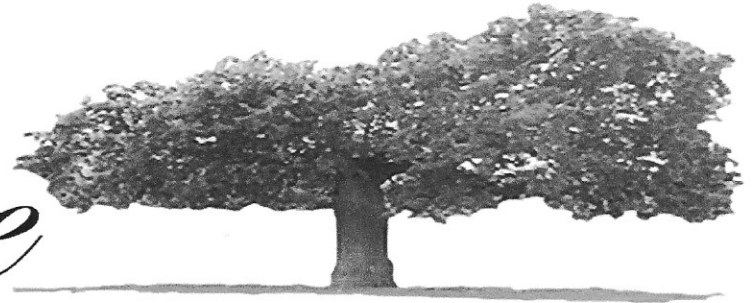


Sara Penrose



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Testimonial

Jon Bellis
Lifeforce Fitness

Dear Jon,

A year ago I was feeling down on myself, fat and frumpy over 12.5 stone and cried everytime I tried on clothes in the shops. I hated the concept of "dieting" and knew it wouldn't work for me. I wanted something sustainable and wanted the old me back.

When I met Jon through business networking I liked the concept of the long term program and the dedication to every aspect of my health. My diet, my exercise, sleep, my mental well-being. Being available 24/7 was great and his very timely and regular encouraging nudges via text were invaluable. Also the scientist in me liked the education of it all, the graphs and the progress measurement. Not just weight but a full breakdown of fat/ muscle/ dimensions/ blood sugar/ blood pressure and so on. Total analysis, which gave a much better insight to how my health was improving. Jon is someone I feel I can trust. This is a big thing for me. I'm also very grateful for his patience.

So I am now 2 stone lighter, I have confidence to waltz into a boutique, pick up a size 10 and know it'll fit. I've got me back and I cannot thank Jon at Lifeforce Fitness enough. I recommend him without hesitation.

Yours sincerely,

Sara Penrose
Sara Penrose Limited