



Testimonial

Jon Bellis

Life Force Fitness

It is amazing to consider that I am indeed writing a thank you testimonial to a Personal Trainer. I met Jon at the first BNI meeting I attended and I instantly contacted him to see whether his studio could help me get fit following two replacement hip operations and also struggling with arthritis.

Life Force Fitness is just that, a studio to educate in all aspects of health through exercise and an healthy diet. I signed up to an initial 6 month term and have managed to lose over 1.5 stone and 2 kilos of visceral fat. My level of fitness has improved significantly, the training sessions three times a week are enjoyable and actually (wait for it) fun!!

A private space (no chance of feeling intimidated by lycra-clad professional gym goers) with tailor made programmes to suit my limited abilities. I am incredibly grateful to have received such support and extensive knowledge and entirely happy to promote such a professional studio.

Thank you.

Kathryn Ozlati

A handwritten signature in black ink that reads 'Kathryn' followed by a large, stylized flourish that ends in a cross-like shape.