



April's Personal Training Client of the Month

Natalie Forword

April's Personal Training Client of the Month award goes to Natalie Forword. Congratulations Natalie on achieving this prestigious which you have whole heartedly earned. Natalie achieved a total weight loss of over 4kg in the month of April and also improved another fitness ranking as well. Natalie is a very determined client who achieves incredible results when she has a clear goal and puts her mind to it. Natalie has been a client since late November and now has lost around 13kg and gone from not even ranking on our fitness assessment system to achieving a fitness level of the Air Force. Congratulations Natalie you're a champion keep up the fantastic results

Results

Month	November	January	February	April
Weight	83.3kg	77.7kg	76.3kg	70.4kg
Beep Test	4.6	5	6.2	6.9
Push-Ups	50 (Knees)	25 Toes	31	40
Sit-Ups (Anchored)			60	60 unassisted
Fitness Ranking	Nil	Police Force Fit	Navy Fit	Air Force Fit

Yours sincerely

Denver Oliveux

PS. Remember – To Look Good you have to Train Ugly!