



Personal Training Client of the Month

JULY

Congratulations JUSTIN WATSON

July was clearly the month of Justin who achieved Client of the Month for Group Exercise and now Personal Training an honor never received by any client thus far in our history.

In Justin's first month of Personal Training he lost 3.4 kilograms and lost over 15cm in body fat. From the very first moment I gave Justin his diet and training program I could tell that he would achieve great results week after week he kept putting his weights up and in his training sessions would push himself to the point of getting dizzy. Justin's strong work ethic, support of his partner Stacey (whom does Personal Training as well) and level of organization with his food has been the main reasons why he has achieved fantastic results this month weight his physique and fitness.

	<b>30/06/10</b>	<b>14/07/10</b>	<b>28/07/10</b>
Weight	90kg	87.4kg	86.6kg
Arm	37cm	34.5cm	34.5cm
Arm Flexed	37.5cm	36.5cm	36.5cm
Chest	111.5cm	108cm	106.5cm
Waist	94.5cm	93cm	91cm
Hips	107.5cm	106.5cm	103cm
Thigh	57.5cm	58cm	57cm

Well done Justin you're a champion!!

Yours sincerely

Denver Oliveux