



I signed on with LGFG after I witnessed the results that my sister achieved working with the guys at LGFG. I've always taken pride in my physical abilities. However, over the last few years my fitness has deteriorated due to career pressure and a lifestyle that was not sustainable. This weighed heavily on my mind. . Now I am as fit as I was in my prime, I look good, feel great and have new energy and drive that I can apply in my other areas of my life. I recommend the trainers at LGFG to anyone who wants to improve their fitness. They are professional, fun and interesting people to work with. Furthermore, I was quite impressed with how efficiently the business is managed both from an administrative side and the degree of personalised client contact you receive.

**Michael Iwaniuk (Lost 8kg in 12weeks)**

Yours sincerely

Denver Oliveux