



Stacey Watson

I have had other trainers in the past but I found their structure wasn't as good as LGFG. LGFG provided me with a diet and exercise plan, which I have never got from other trainers. They have helped me achieve my goal weight and body shape and be able to maintain it.

I can see from fitness testing results not only am I fitter, but I am the fittest I have been in my life when comparing to results in my past!
I recommend LGFG to friends who want to improve their strength & fitness or to just lose weight...and they to swear by the services!



Cheers
Stacey Watson

Yours sincerely

Denver Oliveux