



Here at 'Looking Good & Feeling Great' we aim at providing our clients with nothing but the best in customer service and results in the Penrith area. We are proud of our efforts and know we can help you experience great results but don't take our word for it review our testimonial from 'Tina Matanic' who has experienced amazing results using our Personal Training services.

PERSONAL TRAINING TESTIMONIAL

Name: Tina Matanic

Age: 41

1. How long have you been a Personal Training Client?

12 Weeks thus far

2. Why did you choose Personal Training?

I was having difficulty achieving the results with weight loss independently. I tried Tony Ferguson, Lite 'n' Easy reducing food intake, but due to hormonal problems I had no success.

3. What do you enjoy the most out of Personal Training?

'One on one training' maintains motivation to succeed. I have increased my knowledge on nutrition and exercise. It is fun and great to see results. I had no idea that I could achieve the results that I have. Denver has been great.

4. What results have you received out of Personal Training?

Great weight loss, increased knowledge and know how to achieve these results. I have also increased stamina and the motivation and commitment to achieve set goals. I now look forward to exercise and look forward to each session. I cannot believe that I now enjoy running. It is an obstacle I thought I could not overcome. I can also fit into clothes comfortably and feel better then I have in many years.

Thank you

Denver