

“I first came to Body Solutions in July 2006 partly on the back of personal research, partly by recommendation by a work colleague. I’d been a member of a gym for years and was pretty active although I did feel that I’d benefit from one-on-one training.

When I first joined BS, I’d just lost some weight and wanted to bulk and tone up. My primary trainer is Paul, who what he lacks in height, more than makes up for in enthusiasm, commitment and experience! Plus he really helps keep me motivated when the going gets tough, which is pretty often!

I travel 30 miles each way from home to go to BS and it’s well worth it. I get a real sense of achievement from pushing myself in every session and it also helps me pursue my goals more effectively in my local gym.

I’ve made real progress over the last year and would recommend BS to anyone serious about wanting to increase their fitness levels.”

**Carl Cross**

Investment Director

Rensburg Sheppards Investment Management Ltd