

I joined Body Solutions on the recommendation of friends of mine and have found it to be highly beneficial. Originally I wanted to improve my fitness for a back-packing trip in New Zealand, but now I have continued to keep my fitness level up. If I hadn't had done the training with Body Solutions before the trip to help my upper body weight, I would have suffered.

As it was, I coped well with the heavy back-pack weight and had a very enjoyable trek.

I would like to highly recommend Body Solutions to other people. It is an intensive workout at times, being on a one to one basis, but most definitely worth it.

Nicci Davies