

“It may sound like a cliché to say that training at Body Solutions has changed my life, but it really is true. I started to feel fitter after the first week, and people at work started to notice I was looking slimmer and fitter within the first two months of training three times a week.

I enjoy training with all of the trainers, who quickly became friends. All of the thinking and planning is done for you, all that is left to do is to do what you are told. Although this is physically hard work, it is made as easy as possible, and enjoyable too (ok, after you’ve finished!).

Believe me..... you will never get bored of people telling you how well you look, even if you hear it every week!”

**Richard Stephenson**