

## **New Testimonial November 2009**

"My journey with Suzy began a few years ago when I had decided that the gym was not for me and I was trying out different kinds of exercise. I found Suzy very personable and enjoyed power walking with her; however, I had an urge to try the British Military Fitness programme. Then I tore a ligament in my ankle which put me out of action for 3 months. I was told not to do any running and went down that rocky road of not doing *any* exercise at all...

**This year, I planned a big birthday party in September and knew that I needed to get back into exercise in order to fit into The Dress.**

**SOS Suzy!**

**I did the Walk+Slim course for 4 weeks, 3 sessions a week, writing daily food diaries. It wasn't easy but Suzy was fantastic at keeping me focused, she was always positive when I had moments of despair and in 2 months I managed to lose the inches and The Dress fitted perfectly.**

**I did it, but could not have done so without Suzy behind me, encouraging me all the way with so many useful tips on weight, exercise and food.**

I now have such a different attitude to food (which I love) and my "treats" are a couple of 2-hour walks at the weekend - unheard of previously in my books!

This does sound like one of those "before and after" magazine articles... Seriously (and I mean this) if I can do this, anyone can. It's all about having the right frame of mind, a goal to achieve, enjoying the exercise and having the right person to motivate you.

I continue to walk with Suzy and so enjoy it - it is now a real pleasure to get up early and get out there. For those who are sceptical - I was too, but have found something I really enjoy and it will become part of my life. Rock on Power Walking and Rock on Suzy!"

V Young