

Allison's Story

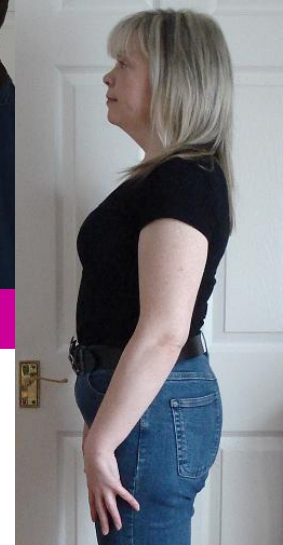
Name: Allison Morgan-Jones

Age: 37

Former weight: 94.3 kgs/14 stone 12 lbs

Current weight: 65.3 kgs/10 stone 4 lbs

Total weight loss: 27.2 kgs/4 stone 8lbs



October 2008

"Allison Says"

"I joined Life Health & Fitness in 2007, but I was taking it relatively easy, just doing my own routine at the gym. I had started to lose a little weight but I soon realised I needed a bigger boost—that's when I heard about the personal training scheme and met Steve Cameron who has been my personal trainer ever since.

"Steve drew up a fitness plan for me and supported me all the way with hints and tips to make the most of my time at the gym. I had two personal training sessions a week and within 8 months dropped from a size 20 to a size 10 jeans.

"Everyone at Life is so friendly and supportive. The only problem now is that I need a whole new wardrobe! The best thing is all the lovely comments I get and just being able to go into a shop and pick up clothes without worrying if they will fit.

"I am under no doubt that I achieved weight loss and increased fitness levels through regular exercise and diet plan which suited me and my needs.

"As well as help from the gym, I have been encouraged by huge support from my family who are amazed at my new figure. And it's not just the complimentary comments that have made me to keep up my fitness routine, it has also transformed my health. I used to get chronic headaches but since I have started exercising regularly they have all but gone. My aim now is to maintain my weight or even lose a little bit more."

"When I started at Life I couldn't run for a minute. Now I can sprint and I have completed the 5k Race for Life."

Allison's Training Regime & Diet

Diet

Breakfast

Porridge with skimmed milk

Lunch

Chicken salad with pitta bread

Dinner

Salmon / Chicken and veg

Snacks

Nuts/fruit/Ryvita

Training Regime

3 Times per week

10 minutes bike at level 8

30-40 minutes of core/floor, weight and resistance training

10 to 20 minutes treadmill at 30 second interval training