

## Marian's Story

**Name: Marian Davies**

**Age: 61**

**Former weight: 94.35 kgs / 14 stone 12 lbs**

**Current weight: 63.95 kgs / 10 stone 1 lb**

**Total weight loss: 30.4 kgs / 4 stone 11lbs**



### "Marian's Says"

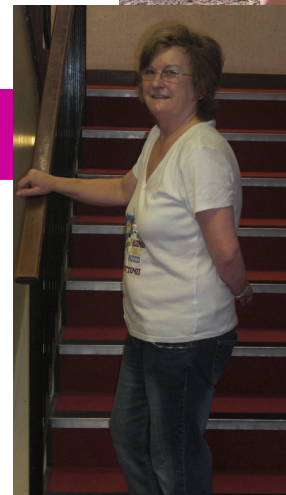
I took early retirement five years ago and found myself in a bit of rut. I needed a strong motivation to get out of the house and had enjoyed running when I was in my 30's and 40's. So I joined Life to get fit and lose some weight.

I found the club on the internet and not only was the location convenient, they were offering a great membership rate. I now have a structured, daily routine, feel so much better about myself and my shape has changed completely. I remember on my first day when I struggled to clamber onto some of the equipment and then my joy a few weeks later when I realised I was hopping onto that same equipment.

I weighed over 14 stone when I joined in 2009. Now I weigh just over 10 stone and managed to fit into a leather jacket that I found recently in my loft and that I never thought I'd get into again!

The fitness instructors are brilliant. In fact, the staff is the club's biggest asset. They are friendly and informed but not patronising in any way. They give advice all along the way on exercises and nutrition and they really know their stuff. I would advise anyone who joins to use the staff as much as possible as they really know what they are doing.

My family have been so impressed with my motivation, fitness levels and weight loss that my daughter has now joined too.



November 2010

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### Marian's Training Regime & Diet

#### Diet

Breakfast

Porridge with skimmed milk

Lunch

Salad or healthy sandwich

Dinner

Balanced meal made up mainly of protein, fruit and veg

Save treats for the Weekends

#### Training Regime

Monday's to Fridays:

- Cardio Vascular exercises
- Toning exercises
- Sauna