



Health & Fitness Clubs

## Rachael's Story

**Name: Rachael Clement**

**Age: 29**

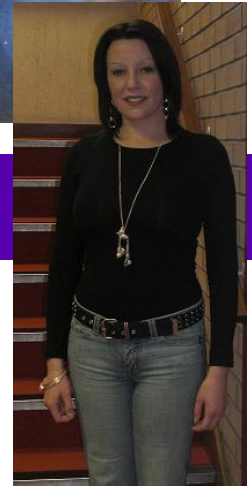
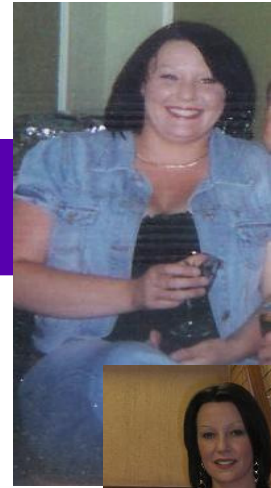
**Former weight: 75.3 kgs/11 stone 12 lbs**

**Current weight: 59.9kgs/9 stone 6 lbs**

**Total weight loss: 15.4 kgs/2 stone 6lbs**

**Above: Rachael  
in May 2008**

**Below: Rachel in  
Feb 2010**



### *“Rachael Says”*

“When I joined Life Health & Fitness club in April 2009 I started doing things my way and without full knowledge of what I was doing. I didn't see big results and knew I needed help. I booked a training session with Allan Powell and with his help and support I haven't looked back.

Allan gave me a fitness plan which he changes every four weeks. With Allan's guidance and support I have dropped from a size 16 to a size 8—in just 10 months.

Everyone at Life is so friendly and supportive, they all make an effort to know your name and your interests. With their support and encouragement from my partner, family and friends I feel fantastic.

I now realise how miserable I was before and how generally happy I am now. Both my health and confidence have had a major boost. Now with my new wardrobe and the compliments I have been getting about my figure, I know I won't ever look back.”

*“ With guidance and support from the team at Life, I have dropped from a size 16 to a size 8 I feel fantastic and with my new wardrobe and compliments about my figure, I know I won't ever look back.”*



Health & Fitness Clubs

### Rachael's Training Regime & Diet

#### Training Regime 3-4 times a week

10 minutes cross trainer—level 8 (cardio)  
45 minutes core/floor, weight and resistance training  
15 minutes treadmill—level 14: speed 6.5 (cardio)

#### Typical Daily Diet

Breakfast: Bran flakes with semi-skimmed milk  
Lunch: Tuna, onion and mushroom pitta bread  
Dinner: Fish or chicken with salad or veg  
Snacks: Fruit, yoghurts and rice crackers