



HELEN'S TRANSFORMATION WITH MY 1-2-1 PERSONAL TRAINING



Heres what Helen had to say.....

"I took part in Jen's personal training programme in January of this year to loose weight for my wedding in June. This included free access to her classes including zumba, pilates and her evening bootcamp all of which I took full advantage of. I also had a one on one training session once a week with Jen.

The last time I had exercised was properly during school so since I was 24 I was very apprehensive! Jen was amazing with me, she took things at a pace that was right for me but pushed me a little more every time. The one on one sessions soon became the highlight of my week as not only would I feel great (if not a little sore!) after the session but I had such a giggle with Jen as her personality and fun nature is infectious!

The nutrition side of things was hard at first but you soon get used to it. Jen was constantly on hand to give support and recipes and she would often keep me motivated by sending me cheerful texts!

I lost around two stone and two dress sizes whilst working with Jen and felt great on my wedding day!

I owe it all to Jen and her dedication to helping women meet their targets and live a happier, healthier life. Jen is not only an amazing trainer but I now class her as good friend and I am so happy I took part in her programme. If you are thinking about taking part in any of her programmes then don't...just do it! 100% satisfaction guaranteed! Love her to bits x"