

4 March 2008

Jenny and Peter Barwick
A Body 2 Fit Pty Ltd

I commenced training with Jenny and Peter 5 years ago. They were my last hope to 'get fit'. Previously I had tried gyms, aerobic classes, exercise at home, and walks on the beach, none of these had lasted more than a couple of months and none had given me any semblance of fitness.

What makes me continue to train with Jenny and Peter week after week, year after year?

Wellbeing

As a partner in an Accounting firm, I was finding it all too easy to let the demands of clients and the firm prevent me from doing regular training. My health was deteriorating and my overall fitness was low. Jenny and Peter helped me to prioritise training with the other demands of my business. The results are my health has improved along with my overall fitness. The increase in fitness allows me to do my job better and gives me greater confidence when dealing with clients and staff alike.

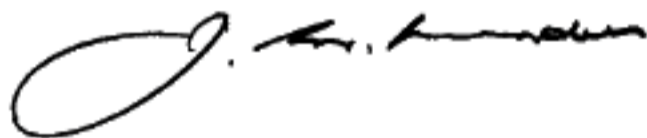
Ease

Training with Jenny and Peter is easy. The only thing I have to do is get there, they do the rest by working out the program, deciding what exercises we do each day and making sure I give my utmost while I'm at training. My results speak for themselvesthis year I'll be taking part in my 5th Half Marathon. Five years ago I couldn't have walked 21 km now I can run that distance.

Motivation

Jenny and Peter keep my training varied and interesting to ensure that I'm not bored with any particular activity. Additionally identifying goals to train to ensures that my motivation to train is always there.

While there are a lot of factors that keep me training, the most important factors are Jenny and Peter. Their dedication, experience and commitment make sure that each training session counts.



Janelle Manders

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