

## TESTIMONIAL FOR A BODY TO FIT

I have been training with Peter and Jenny Barwick for over 10 years. I believe I am their longest standing client.

I have come into contact with Jenny Barwick when my wife arranged a personal training session shortly following my 40<sup>th</sup> birthday. Like most professionals I had neglected my fitness.

The last 10 years regular training has become part of my life.

Peter and Jenny Barwick run a family business with the aim to improving their clients health and fitness.

Each client has an assessment and personal goals are set.

Training sessions are tailored to each individual's requirements.

Motivation is never a problem.

I would not hesitate to recommend their services.

Yours sincerely



DR PETER C HEINER