

Wendy Cooper

Testimonial



I consider my PT sessions essential to help me retain my weight loss, I'll do whatever is necessary to not go back to the person on the left, I just can't be her again. To do that I need help and that's where Danny and his expertise comes in. I've had friends say surely you can do this yourself by now and yes I can come to the gym and go through the motions but I want to make progress and get stronger and I acknowledged a long time back I need a professional to help me with this.

I genuinely love my sessions, I really do. You might not think it from the amount of abuse I throw at Danny, but it gets me through! The training sessions are always hard work but fun too. Every session is varied and tailored towards me, no one size fits all approach here. An element of fun is essential, and Danny will do pretty much anything to keep me motivated including my personal favourite, which he'll hate me for, singing on the stair master!

Danny has helped me improve in so many areas. My problems with my brain affect my balance and coordination but the work we've done has helped hugely. I will always have wobbly days, but my neurologist says getting stronger is the best thing for me and is a massive fan of strength training.

We've worked a lot on upper body strength and progressing to heavier weights really has made me proud. It's been difficult at times with 2 years' worth of tennis elbow to contend with, but the strength has come with Danny's help. PT's in my experience should be your biggest supporter and that's Danny. We celebrate the wins.

Danny helped me get fit again after my total thyroidectomy, something I found so tough and frustrating. I'm not patient with my body, it lets me down a lot, so it helps me to have direction and someone to control the reigns so to speak in the gym when necessary. In this half with Danny's help I'm fitter and stronger than ever. I'm looking forward to seeing what else I can achieve.

Amazing weight loss of 40kgs

