

I don't normally do this sort of thing; fitness training that is, never mind writing a testimonial. But given just how much I have changed over the past 6 months thanks to Ronnie Smith, it was the least I could do to say thanks for all the support, guidance and motivation.

I was in the RAF for almost twenty years and apart from basic training, I avoided the gym like the plague. Except for the horrific annual fitness test, I barely knew where the gym was. Whilst attitudes have changed since, my first eighteen months of RAF training and the physical bullying I received in the name of "fitness", put me off the gym for life. In my final tours, I was known as the "Sports prevention officer".

Since leaving the RAF and living a more sedentary life, the pounds soon began to pile up and it was not long before I became overweight, unfit and unhealthy. It was time for change.

I started by doing some of those You Tube fitness videos, bought some kettle bells and a diet book. After about 12 weeks I lost weight, but now I just looked skinny and ill. I needed support if I was going to really change.

**Ronnie came highly recommended**, although learning he was ex-army did not help my confidence. I was worried that it would be like going back to the military and its mindless pain-oriented methods. How wrong I was. Before we even started, Ronnie sat me down and listened to where I was at, what I wanted and what I could commit. He knew exactly where I was coming from and planned a great timetable of workouts. Then the work began...

Ronnie, was completely on the same page, starting with solid but not back breaking workouts. After just a few weeks, my body was ready to work harder – and the big difference now was that I wanted to work harder. Instead of pushing me off the cliff from day one, Ronnie skilfully used my own development as the motivation. He didn't need to shout, even though he was pushing me all the way. Week by week, the weights were going up and I was thirsty for more. Ronnie had exorcized my gym demons giving me fresh motivation.

After those first 12 weeks, **I have not looked back**. Now I have learned to hold my own in the gym, to understand nutrition and diet. I know what exercise I need to do and when. Ronnie has guided and motivated me all the way. Now, I have a weekly gym routine where I am the boss.

**Thanks to Ronnie's skill, guidance, patience and above all understanding, I have never looked better. Over the duration of the 6 month training programme, my confidence in and out of the gym has improved greatly. Ronnie has given me the skills and knowledge to train solo. I can't thank him enough!**



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