



REAL LIFE CASE HISTORIES

YOUR HEALTH is a matter of choice

By Paul Richards – CEO, Club Physical 2009



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Have you been an excuse maker?

After pulling into the busy Auckland service station the Indian attendant upon seeing me began patting his slightly protruding 'ab' saying "Yes, I must do something about this".

Over the last few days I have felt as if I must have a sign on me saying 'pat your tummy'. I go into the Post Office, the gentleman at the counter pats his tummy. I go into Mitre 10 to get seeds for the garden, the shop assistant pats her tummy. Our relations came for a BBQ and they patted their tummies.

"I must do something about this" they all recite.

Have YOU been saying the same thing?

You can always find a reason why you can't start today. But if you put it off today, you'll put it off tomorrow leaving you to get more and more overweight and out-of shape each day.

There is truth to the quote, 'Take time to exercise TODAY or time will be taken from you later'. People who adopt health lifestyle habits can live 14 years longer!

What's your line?

- **"I'm under huge pressure at work to get things done"**. Pressure creates stress. Stress limits creativity and slows performance. Thirty minutes at the gym will remove that stress and increase your feeling of well-being *and* your mental acuity.
- **"I've got high blood pressure"**. The vast majority of people on our programmes have seen their blood pressure rapidly decline over a matter of weeks. See for yourself in the coming pages.
- **"I haven't got anyone to exercise with"** The beauty of coming to a health club is that there are lots of others near you, perhaps walking on the treadmill beside you. You will never be alone. Besides, you could have increased FUN by attending a GROUPX class or you could even hire a weekly Private Trainer to spur you on!
- **"I've got diabetes"**. Many of those who have had type 2 diabetes and been through our programmes say their doctors could find 'no trace' (of the symptoms) after just 12 weeks. Others simply discover they now have control over the situation.
- **"Gyms are full of super-fit people and I'd feel embarrassed"** Club Physical is for everyday people, just like you. If you *do* spot someone who is trim, tort and terrific, often that same person had been felling like YOU several months ago. So instead of getting put-off, get inspired!



Radical change

Three years ago I attended a lecture given by renowned author, Dr Dean Ornish. He told the audience of over five thousand how he had taken seven people who were waiting to have a heart transplant. Ornish and his colleagues instead gave the group a twelve month programme of regular exercise and healthy eating. When the year was completed NONE of those seven needed a heart transplant!

Ornish went on to critique programmes that made slight changes so as not to upset a person's lifestyle habits too much. He told us how these system fail because people just don't get the results fast enough to make them want to give up their old ways. Ornish believes that the way to successful TRANSFORMATION is to promote RADICAL CHANGE.

Club Physical's twelve week TRANSFORMATION programme has been designed for radical change. For example, we recommend some form of exercise every day along with a complete overhaul of your normal way of eating. And that's why we'll get real people like YOU, real results!

REAL LIFE CASE HISTORIES

The following people are local people who have overcome the 'excuse maker' rut. Each one has mustered up the courage and resolved to take action. Some of the 'before' photos might surprise you. It's not always easy to share a 'before' photo. But please respect that each of these people has agreed to share their success purely to help motivate YOU!





“I was a typical office worker; unfit, overweight and overeating”

“I was a typical office worker; unfit, overweight and overeating. I was continuously tired throughout the day and my weight had ballooned to 114 kgs!

“Now I’ve got energy all through the day even though my suit no longer fits me.

“I used to hate running but at week eight of my programme I ran 7.5ks without trouble and in week ten, 11 ks and almost ENJOYED it; so much so, I’ve got my very first marathon this weekend!”

Russell Andrews

Age: 34

Results

- Slashed 16.5 cms from his waist
- Dropped 15kg in weight
- Reduced blood pressure from 140/90 to 123/82
- Body-fat dropped 9.98%
- Lunches went from a pie and fizzy drink to brown rice, chicken and veges

PRIVATE TRAINER: Sue Giles and Keith Anderson



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If you need someone to motivate you into a healthy lifestyle, then give Sue a try. Sue’s approach of changing your lifestyle through healthy eating and regular exercise will fast-track you to achieving your fitness and health goals.



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“My family and I need to lose thirty three 5kg bags of sugar”

“My blood pressure was a wee bit high, 155/135 even on medication and my family decided to support me by joining the gym together. We needed to lose the equivalent to thirty three 5kg bags of sugar.

“Club Physical has been a lifeline in giving me a new zest in life. And I’m now the happiest and proudest husband and dad in the world.”

Bruce Botha

Age: 47

Results

- Weight reduced 11.2kg
- Waist reduced 15cm
- Blood pressure reduced from 165/115 to 136/88
- Breakfast has gone from NOTHING to 4 Weetbix and a vanilla shake

PRIVATE TRAINER: Willy



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“Being a student requires energy. It was energy I didn’t have”.

“Being a student requires energy. It was energy I didn’t have. I was in my last year of a degree in early childhood education AND getting married in 2009 – there was my motivation to get in shape!

“When my lovely sister entered me on to the Transformation programme I was both excited and nervous. I had never been a fit person, nor had I worked-out in a gym or been with a personal trainer.

“Here are the changes that I’ve had. I’ve dropped a dress size, made new friends, feel a whole lot healthier. Best of all I have more energy to get through my busy days.

My trainer was extremely supportive. When I had to go to Youth Camp Toni, my trainer gave me exercises to do while I was away. This resulted in some of the youth joining in!”

Nikita Applegate

Age: 21

- Waist reduced 7cms
- Body fat reduced 7%
- Breakfast has gone from ZERO to brown toast and hummus or a bowl of porridge.

PRIVATE TRAINER: Toni King



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“I learned the importance of nutrition and effective training techniques”

“My friend and I had been going to the gym for several years but we weren’t making any progress and lacked motivation. So we both decided to give the 12 week Transformation a try. What a great decision that was!

“During the programme we learned the importance of nutrition and how to eat correctly. Keith also taught us effective training techniques. Both of these things caused an amazing transformation, both physically and mentally. I have more energy and look forward to exercising daily – a lifestyle I believe I can sustain indefinitely.”

Greg Silver

Age: 33

- Waist reduced 8.3cms
- Weight reduced 6.4 kgs
- Blood pressure reduced 11 points
- Body-fat reduced 10.5%!
- Morning T went from pie and chips to egg-white omelets

PRIVATE TRAINER: Sue Giles and Keith Anderson



**“When my feet stopped,
the rest of me was
still catching up”**

“Generally, being a pregnant Samoan means that you eat twice the normal amounts to ‘feed your baby’. And I’d had three.

“My job involves sitting at a desk all day. And a ‘hard day at the office’ meant I just wanted to get home, get the kids to bed, have a glass or more of wine, eat and ‘rest’. Drinking was ‘de-stressing’. I napped a lot.

“Then I saw a video including me playing ‘touch’ with the family. It wasn’t a pretty sight. When my feet stopped, the rest of me was still catching up. So I made the decision to change my lifestyle both for myself and my young family.

“Now, despite being woken at 5am each morning, I have loads of energy. If I don’t start the day with exercise, the rest of the day feels wrong. Consequently I no longer need to ‘de-stress’ I’ve even started to play touch with my teenage nieces and nephews and don’t like to ‘sub-off’ because I have the energy to keep going!

“My long term goal is to teach my kids the value of a healthy lifestyle by living it myself!”

Mary Po Ching

Age: 32

- Waistline reduced 9cms
- Weight reduced 9 kgs
- Fitness from very poor to very good!
- Blood pressure from 148/98 to 126/72
- Body-fat reduced 7%
- Lunch went from pie or sandwich and something sweet to chicken salad



PRIVATE TRAINER: TK Luteru

Nicknamed ‘Hitler’ by Mary, TK does what is needed to get you the results you are after. Listed among one of the most popular PTs at Club Physical, TK gets results for his clients built on his unique personal coaching style.



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**“I was told by my cardiac specialist
....to exercise!”**

“I was told by my specialist that, due to a lifelong heart condition and unavoidable operation, to go to the gym if I wanted to delay it and have a better outcome.

“Meet my trainer Jodie was a great first step. She seemed to understand; not only my goals, but my frustrations and fears. Her advice made an impact, “if you do it, it will work!”. For the next twelve weeks I’ve been totally dedicated to the programme not letting anything divert me from my goals.

“These days I’m much more confident, I’m getting the right amount of quality food daily and I’m trying to teach my friends and family the same!”

Andrea Thorn

Age: 35

- Waist reduced 20cms
- Weight reduced 14.2kg
- Fitness from very low to good
- Blood pressure 130/85 to 120/70
- Body-fat reduced 10%
- Breakfast went from NOTHING to poached egg and wheat grain toast

PRIVATE TRAINER: Jodie Carter



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“My waist is back!”

“Injuries I had incurred over the last year led me to gain weight. I had sustained severe shin splints and possible stress fracture from training for the Auckland Marathon last year. Given that the cure was rest, I began to slowly gain weight. I began cycling more regularly but unfortunately injured my lower back. I began to suffer chronic back pain 24 hours a day.

“With little sleep, little exercise, studying and a sedentary job, the weight piled on. It was then that my physio told me less weight would help me recover. Then I jumped at the chance when my flatmate Sharon asked me to join the gym with her.

“I no longer feel sluggish and slow. I’m eating smaller and healthier portions and my waist is back!

“I wouldn’t have been able to do this without my Trainer Warwick who took the time to design a programme that would help but not hinder me.”

Noelene Carey

Age: 36

- Slashed 21cms from waist!
- Reduced weight by 11 kg
- Blood pressure dived from 138/88 to 111/77
- Body-fat reduced 12%
- Lunch has gone from a sandwich and the odd pie to pita and tuna salad

PRIVATE TRAINER: Warwick McKenzie



**“The results speak
for themselves”**

“WOW ...what can I say? Don't the results speak for themselves!

“This programme has given me more energy and motivation than I ever thought I had. Before starting, I was eating pies, drinking fizzies and a lot of fast food. Now I'm eating healthily and intend to stay that way.

“People used to say “Gee David, you're getting FAT! When I even got the same from my doctor I realized that I needed to do something about it. Family and workmates egged me on with comments like ‘You can't do it’ but I achieved my first goal through listening to my personal trainer, Adrian.

“This Transformation programme has not only had an impact on me, but everyone around me!”

David Wadsworth

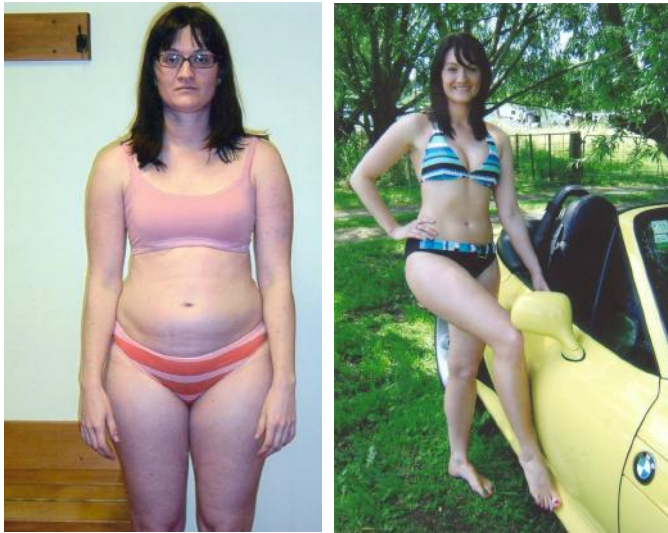
Age: 32

- Waist reduced 23.7cms
- Weight reduced 19kg
- Fitness from poor to excellent
- Blood pressure from 125/80 to 110/70
- Body-fat dropped 8%
- Morning T went from bacon and egg burger with fries to Kiwi-fruit, rice crackers and tuna

PRIVATE TRAINER: Adrian



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“I was addicted to takeaways”

“I was addicted to takeaways and began to think to myself ‘there’s something seriously wrong when I have actually run out of takeaway options’. I was in desperate need for a fresh start.

“Despite having some major disruptions during the twelve weeks – like shifting house twice, I soldiered through due to Club Physical’s multiple locations and my wonderful trainer, Steve.

“These days I feel fantastic. I had thought that being able to wear a bikini was my main motivation but the benefits are much more than skin deep. After all I’m full of energy all day, don’t get sleepy and happy with life!”

Nadine Devine

Age: 27

- Reduced waist by a remarkable 28.2 cms!
- Blood pressure reduced from 118/70 to 110/65
- Body fat reduced 6%
- Breakfast has gone from NOTHING to porridge, fruit and yoghurt

PRIVATE TRAINER: Steve Cox



PRIVATE TRAINER: Steve Cox

Steve knows what it takes to achieve results. He’s been doing it for years. With his ability to create programmes to match the goals of his clients, Steve will always put his most into each client.



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“I used to avoid mirrors”

“I used to avoid mirrors. An incidental glimpse of my reflection in a shop window would leave me feeling depressed for days.

“It was Warwick McKenzie from Club Physical Women who helped me to realize that it doesn’t have to be that way. His professional approach and dedication were the two main reasons that I learned we are each in charge of our own wellbeing.

“Today, only a few short weeks later, I am a different person. Mirrors no longer scare me. I no longer dread stairs and steep streets and the bathroom scales are no longer the enemy. I even competed and completed the Auckland Half Marathon!

“I used to think ‘fat forties’. Today I think ‘fabulous forties’ and look forward to every day!”

Jelena Novakovick-Stavrevska

Age: 44

- Waist reduced 35.5cms
- Weight reduced 23 kgs
- Fitness from poor to excellent
- Blood pressure 161/108 to 124/84
- Body-fat reduced 16%!
- Breakfast went from NOTHING to cereals, milk and apple



PRIVATE TRAINER: Warwick McKenzie

Warwick has built a reputation for achieving results with his clients, including through the use of the 12 Week Transformation programme. He has a great deal of experience and enjoys tailoring programmes to meet people’s specific needs.



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“Have you been using the ‘old injury’ excuse?”

“Having recently turned 50 I’d already experienced one health scare. I new a second scare due to my weight was on the horizon. I could have continued using the excuse that an old ruby injury had left me with a broken knee tendon, but instead I bought a knee brace and headed for Club Physical - My brother had recently completed the 12 week Challenge and I was impressed with his ‘transformation’ in such a short time.

“My Trainer, TK pushed me out of my *comfort zone* and motivated me. He stressed ‘We are a team!’ and I didn’t want to let him down. By the third month I was really hooked. Having a nutritionist talk to us early in the *challenge* gave me the direction. I found myself trying Sushi for the first time and starting the day with a protein shake. I was eating right and not getting hungry. My wife supported me in reading food labels and making the right choices.

“I had a check-up with my doctor after six weeks and it put a big smile across his face. Then I discovered that the exercises I had been doing had strengthened my knee – the knee brace was no longer required. I could see big improvements in ALL of the people completing the *challenge* – it’s an experience I don’t want to end!”

Joe Caruana

- Slashed 30.3 cms from his waist
- Dropped 27.14cms in weight
- Reduced blood pressure from 140/90 to 123/82
- Body-fat dropped 13.53%
- Breakfast went from nothing to protein and cereal

PRIVATE TRAINER: TeKori Luteru (TK)



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“Are YOU a potential heart attack victim like Aaron was?”

“In 2004 I had to perform CPR twice on heart attack victims – both were obese. Unfortunately neither survived. Over the last couple of years I started wondering if that was going to be me; collapsed on a footpath with a stranger trying to blow air in my mouth while pumping my chest?

“Then in 2005 our son was diagnosed with Autism. My fiancé was distraught that I may not be around to support him in his adult years. She’d plead with me on a daily basis to be around to walk my two daughters down the aisle. But by 2007 I had even stopped going to swimming pools with the kids because I had developed stretch marks on my stomach.

“After meals I began just nodding off. This could happen when looking after the kids, in board meetings at work and even driving on the motorway. I just felt so tired. It got so bad that I couldn’t sleep in the same room as my partner. Every night I would toss and turn and snore so loudly, no one got any sleep!

“In January 2008 I went to the Farmers to buy some business shirts. I tried on a size 46, but it was too tight. Then the sales person told me it was largest in stock.....WHAT! Being a typical Kiwi male I always kept thinking I was not fat, just stocky. Not long after this a Wellness Consultant from **Club Physical TeAtatu** club came to our work and completed a health check on the entire staff. He told me that according to my results I fell into the category of a potential heart disease victim.

“Shortly after I saw the 12 week Challenge advertised near my home at Club Physical Botany and joined! My fiancé is so proud of my results. I’ve re-started taking my kids to the swimming pool. And at work I have a sprint in my step!”

Aaron Walls

Age: 36

- Reduced waist by 17.6cms
- Reduced blood pressure from 130/100 to 110/80
- Reduced body fat by 7.19%
- Breakfast went from nothing to a protein shake!

PRIVATE TRAINER: Adrian



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“Do you snore and keep your wife awake?”

“I was shocked when looking at photos from our Christmas holidays in Australia. I just couldn’t believe it was me. I had begun to develop some health issues including chest pains, gastritis, high cholesterol and shortness of breath. In fact, I was too scared to consult my doctor. During the day I would feel lethargic. Then most evenings I would complain of back, and neck pains, with a bad habit of snoring.

“My wife’s constant pleas to do something about my health fell on deaf ears.

“One evening while driving I saw a Transformation Challenge advertisement. I decided to act. The Manager, Jude, was very helpful as he gave us insights into the programme along with a tour of the club. I was especially inspired by the before and after photos of others. With my wife’s encouragement, I joined up.

“My Private Trainer, Po Leng, provided me with a tailor made programme along with realistic short and longer term goals. The GROUPX programme was very motivational with a variety of exercises in a FUN filled atmosphere.

“These days I’m very conscious of reading food labels. I feel absolutely fantastic! My fitness level has soared and I no longer have shortness of breath. The chest pains and gastritis have disappeared. Perhaps best of all, my wife is now able to get a decent night’s sleep.”

Surendra Sharma

Age: 43

- Waist reduced 21cms
 - Weight dropped 15.8kgs
 - Blood pressure went from 136/88 to 120/72
 - Body-fat reduced 11%
- Breakfast went from nothing to porridge and fruit

PRIVATE TRAINER: Po Leng



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“Hey guys! Do you have a baby in your belly?”

“When my family started to refer to my belly as ‘The baby’ I knew something had to be done. I dusted off the old gym equipment at home and started to regularly workout. But “I wasn’t achieving results.

With another birthday looming, my wife surprised me with the gift of the 12 week Transformation Programme. She knew that my competitive nature would enjoy the ‘challenge’ aspect of the programme. Getting there six days a week at 5.30am wasn’t a problem.

“Since then my fitness has improved so much that I can almost jog around some of the steepest golf courses in Auckland. The same courses used to have me out of breath and physically drained!

“The Private Trainers Steve and Jodie were there every step of the way; always keeping the programme challenging and they were full of great advice and encouragement.

“I’ve already extended my membership and will continue to reap the health benefits for many years to come!

Ian Franklin

Age: 47

- Waist reduced 16.3cms
- Blood pressure reduced from 145/90 to 118/78
- Body-fat reduced 10%
- Breakfast went from nothing to porridge and a protein shake

PRIVATE TRAINER: Steve Cox



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“How good would you feel to fit those old jeans?”

“I had renal biopsy on one of my kidneys. The doctor advised me to take time off work to recover. I was eating just about anything and doing no physical work. I gained weight and seemed to always be tired. Even lifting something or walking up the stairs was a struggle. “When I heard Club Physical was holding a 12 week Challenge knowing this was a great opportunity to kick me into shape for 2008.

“The first few weeks were the hardest. But as time progressed I experienced big changes in my eating habits and my fitness. I now always eat breakfast and have plenty of fruit and vegetables each day.

“I remember the day I pulled on an old pair of jeans that previously I couldn’t fit. That added fuel to my motivation.

“I’ve had no reoccurring problems with my kidneys and feel great. I’d like to say a big thank you to the people who supported me.”

Moe Fatialofa

Age: 28

- Waist reduced 11cms
- Weight dropped 10.7kgs
- Fitness rose from fair to excellent
- Blood pressure dropped from 136/84 to 118/76
- Body-fat reduced 8.8%
- Dinner went from takeaways to steak or chicken, veges or salad



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“Are you embarrassed to take your shirt off at the beach?”

“I was just plain embarrassed when I took my shirt off at the beach. I didn’t even like to see myself naked in the mirror.

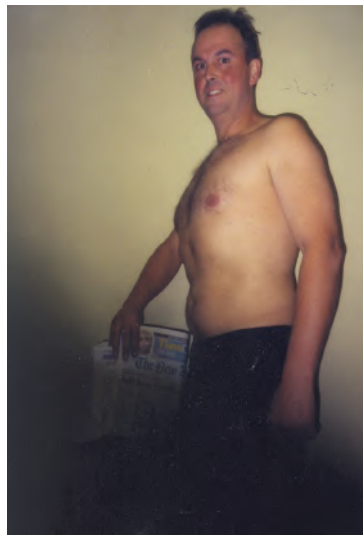
“But since starting the 12 week Transformation Programme I’ve had lots of compliments and do feel great. These days I can run up stairs and I don’t get puffed playing with my children. It’s good bye FAT guy and hello TRIM guy.

“Now I can take my shirt off with a smile.”

Richard Ellison

Age: 37

- Waist reduced 15.8cm
- Weight reduced 13.3kgs
- Fitness rose from below average to very good
- Blood pressure dropped from 130/80 to 116/67
- Body-fat reduced 10%
- Breakfast went from nothing to porridge or cereal



“Should your doctor award you ‘The prize’?”

“I was really lucky. I got such a high score for my blood pressure reading; an amazing 170/120. My doctor immediately awarded me with the prize – ‘diet and exercise’.

I knew what I had to do. I went straight down to Club Physical and entered the 12 week Challenge. With Mikes Training and Keith’s meal plan I undertook something that astonished me. I started to change my shape.

“Now I’m fitter, lighter and slimmer. My whole outlook on life has changed for the better.”

Mark Clay

Age: 37

- Waist reduced 16.5%
- Weight reduced 15.5kgs
- Blood pressure reduced from 170/120 to 140/90
- Body-fat reduced a whopping 17%!
- Breakfast has gone from nothing to a protein shake

PRIVATE TRAINER: Michael Thompson



“Are you desperate to sleep better? Read this!”

“I was within a kilo of my full term pregnancy weight. I’d suffered insomnia and back pain for most of ten years along with nerve damage in a leg since birth.

I knew the time had come to do something one day when I saw a banner advertising the 12 week programme. The idea of an intensely managed programme with affixed goal timeframe suited me.

“From the beginning there was plenty of support. The session with dietician Dane Baker was excellent because it covered foods groups, portion sizes and how to read labels.

If Willy, the Trainer, had have outlined where I’d be at the end of 12 weeks I would never have believed him. The weight has just fallen off. His timely reminders each week about sensible eating have paid off.

“The insomnia stopped by the end of week three - And the back pain stopped by week six! Life is really outstanding now that I can sleep well and my everyday attitude has improved considerably. I’ve already booked my next twelve Private Training sessions!”

Karen Baldwin

Age: 44

- Waistline reduced 12.7cms
- Weight reduced 11.9kgs
- Fitness rose from poor to excellent
- Blood pressure dropped from 134/90 to 112/70
- Body-fat dropped 10.1%
- No more mid-night fridge raids!

PRIVATE TRAINER: Willy Hawera



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“Would you like to have loads of energy right through the day?”

“When I walked up the stairs to the car park after work one day I was totally out of breath. I felt like I had just run a mile. That’s when I decided to join the gym.

The very next day I went and enrolled on the 12 week Challenge. I had seen the ads before and always felt that it would be a good way to start.

“Since joining it’s been great. Every time I enter I’m greeted by the team and there’s always someone ready to lend a hand if I need help.

“After the first few sessions with my Trainer, Jodie, my whole body was sore. But I kept at it and went from level 6 on the *Cross-trainer* to level 16. My clothes have become looser and I’ve even had to tighten up my belt a few notches – a great achievement for me.

“I had loads of energy now from the moment I wake up and right through the day!”

Garreth Williams

Age: 24

- Reduced waist 18cms
- Reduced weight 15.2kgs
- Blood pressure dropped from 130/78 to 120/65
- Body-fat reduced 12%
- Breakfast went from none to Weekbix and a protein shake

PRIVATE TRAINER: Jodie Carter



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“Has stress been causing you to gain weight?”

“I was under tremendous stress which lead me to gain 20kgs. So I enrolled in the programme believing that I would conquer the stress and lose the weight.

But since beginning I’ve discovered a lot more than just these results. I gained friends, confidence and I’m less tired. So that’s a great amount of changes for me.

“Throughout the 12 weeks I’ve had massive support from my Private Trainer – Ricki and all of the team at Club Physical. My intentions from here on are to make this a *24 week* challenge, and get that entire 20kgs off for good with regular exercise and healthy eating.”

Celeste Edwards

Age: 26

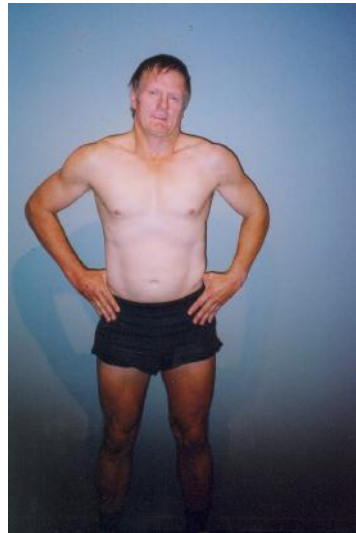
Private Trainer: Ricki

Results

- Waist reduced 9cms
- Weight reduced 10.5kgs
- Fitness rose from poor to good
- Blood pressure dived from 163/93 to 120/75
- Lost 8.5% body-fat



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“When did someone come up to you last shout... ‘Nice legs!’”

“Although I had been exercising I had some of that so called ‘middle aged spread’ and had a bit of a problem shifting it. I’m sure that as you get older it seems to get cemented in place! So I used the 12 week Challenge as a motivation to discipline myself back into a symbol of health! AS the programme progressed my energy levels rose at work and lethargy decreased. Being able to fit trousers that I hadn’t for years was encouraging. And my wife and daughters told me I was looking good – already one has followed me to the gym.

“Even strangers notice! I was just approaching my car outside a shopping centre one day and a lady shouted “Nice legs”. I said “Pardon”. She repeated “nice legs”. I was taken by surprise, so with a “yeah right” I proceeded to my car.

“Lately I’ve been noticing that many guys my age complain about various aches and pains. I personally don’t suffer these and largely attribute this to fitness and muscle tone. And a lot of guys have contracted diabetes and/or high cholesterol. But when I recently had a check-up at my doctor’s tests revealed these areas well below average for me. That proves nutrition and exercise equals health!”

Nick Lifting

Age: 52

- Reduced waist by 10 cms
- Reduced weight by 7kgs
- Increased fitness from fair to excellent
- Reduced body-fat by 8%

PRIVATE TRAINER: Daniel



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“Have you been struggling to find the time or motivation to go to the gym?”

“Before I started the 12 week Challenge I was struggling with my personal life in many ways. I was feeling very uncomfortable with the excess weight and couldn’t find the time or the motivation to go to the gym. I became self conscious and insecure about comments people were making about my health. My diet was ‘out of control’ and losing weight became too much of a challenge.

From the very first day I started the programme things began to change. I found I was with a group of people who all had the same issues. The Private Trainers were constantly encouraging us and I was amazed at how good it felt. The seminars and education on diet and health benefits totally changed my outlook.

My life is so much better. My confidence is back and friends and family are constantly telling me how well I’m looking. Even the busy schedule at work has become less stressful. Full credit to everyone on the team at Club Physical. Every one of them has been helpful and genuine. I think this is the best investment I have ever made!”

Peter Sullivan

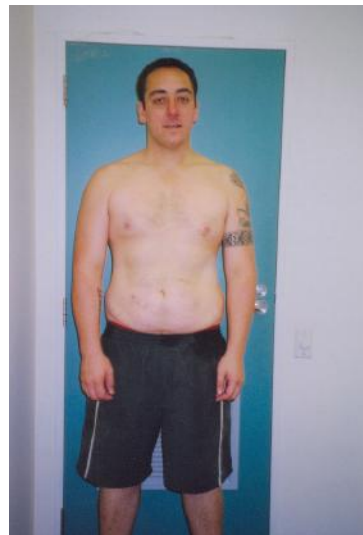
Age: 43

- Waist reduced 15.6cms
- Fitness rose from poor to excellent
- Weight reduced 8.2kgs
- Lunch has gone from snacks to a protein shake or salad

PRIVATE TRAINER: Dan



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“Do you suffer from Mr Procrastination?”

“Have you ever suffered from a thing called ‘procrastination?’ I did. I would always tell myself, if I put on another ten kilos, then I’ll do something about it. The cycle repeated, but still I did nothing.

“I was admitted to hospital with suspected Guillain-Barre’ syndrome. My arms and legs lost their feeling and it felt like the muscles in my limbs had had enough and I was set for decline. I remember lying on the hospital bed thinking about what I could do to change.

My finance helped me to instill the faith that I could do something about it. And that was the wake-up call I needed. A week later I saw an ad in the local paper for the Club Physical 12 week Challenge. I went to the website and saw the results of so many people but I could feel ‘Mr Procrastinator’ coming to revisit me. That was until my workmates added fuel to the fire stating ‘where have we heard that before – you won’t do it’.

“Now I’m the one who is laughing. I’m now content with my fresh fruit and sushi instead of joining others into the fast food.

“My fitness is much better and as an avid indoor cricketer I’m no longer getting tired. My strength, endurance and agility have increased out-of-sight!

The only downside is that I’ve had to buy a new wardrobe as the old clothes just fell off!

Thanks for the support of the Private Trainers Willy, TK and Dan. They’ve been able to re-mould me into the fit and healthy Raynor, version 2.”

Raynor Clarke

Age: 32

- Waist reduced 22cms
- Weight reduced 22.6kgs
- Fitness rose from poor to excellent
- Blood pressure dropped from 130/87 to 120/79
- Body-fat dropped 6%
- Breakfast went from nothing to Weetbix and banana

PRIVATE TRAINER: TK



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“Is your sports-game suffering from your excess weight?”

“My basketball games began to suffer due to my low level of fitness and excess weight. So I joined the Club Physical 12 week Challenge.

“Since starting I’ve noticed that my waistline is getting smaller and I’m able to run in the basketball games the whole time. Muscles are appearing that I’ve never seen before including ‘abs.’

“I’ve extended my membership at the club. The goal is to keep the weight down and my fitness up!”

Rhys Windybank

Age: 40

- Waist loss 14cms
- Weight loss 15.2kgs
- Fitness rose from low to good
- Blood pressure dropped from 138/82 to 120/75
- Body-fat reduced 10%
- Morning tea has gone from pie and chips to a protein shake and fruit

PRIVATE TRAINER: Ivan Ivanovic



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Real people like YOU *can* get real results!

You just need to get started. So, do yourself a favour this year. For your first *exercise* simply pick up the phone. Dial **0800 CLUB4U** and make a time to see a Club Physical Wellness Consultant TODAY. Change your body, change your LIFE.



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