

## 2018 APT Client Testimonials

1.

I feel healthier, happier and stronger from attending my weekly sessions with Andrea. I always feel amazing afterwards and ready to tackle whatever life throws my way. I find the sessions interesting, challenging and achievable and Andrea's kind, thoughtful and wise instruction is always greatly appreciated. Thank you Andrea for a great year.

Sharon (Small Group & casual PT Client)

2.

Andrea is one of the best trainers I have had the pleasure of working with. She brings great experience to all of her classes along with a focus on technique and awareness. Love bodyART particularly and the one on one sessions are great to focus on technique.

Helen (PT & Small Group Client)

3.

Every week I find out I can do something more. Andrea never pushes but gently encourages everyone to be their best.

Melinda (bodyART @ Burnley Backyard)

4.

I love my APT small group sessions. bodyART is great for rebalancing and de-stressing, while the functional sessions provide a good all over workout. Andrea caters to everyone's need, so classes can be as challenging as you want them to be. The other really special thing about APT is the friendly, non-judgmental and encouraging environment.

Anna (Functional Fitness and bodyART SG + Casual Pt's)

5.

2018 has been such a year of contrast with APT. My starting point was low and every week brought small victories until I had a break and went completely backwards. After the backward movement, having Andrea say 'so what do you want to do now?' No judgement, no telling off. We went back to basics and all of a sudden it clicked and I went from small victories to huge leaps forward. So much so that for the first time in years I chose to catch a train where all the seats were taken. I felt balanced and secure. Today, for the first time ever, I travelled on a packed tram holding a strap. I've stood on trams before however always clutching a pole. My balance is so much improved. My life is so much better. Everything Andrea does with me is about making sure I can enjoy my life for a long time to come. APT is amazing and 2018 has seen me also lose some weight and eat more vegetables.

Janet (Private PT Client - Mobility Matters)

6.

APT has been a great way to start exercising again, especially after an injury. Great for anyone trying to get going again or starting to exercise.

Vanessa (Small Group FF & bA)

7.

My daughter Mia and I have loved discovering bodyART together. Getting up in the mornings is tough sometimes but once in class it feels just so great to be there, in a mindful supportive environment. We love coming to classes together!!

Evelyn (bodyART Thurs 6am)

8.

bodyART is a well balanced and whole body exercise programme. My weekly session leaves me feeling energised, strong and de-stressed!

Maureen (bodyART at Burnley Backyard)

9.

I really don't know what I would do without you! Please keep on "keeping on" being You! I enjoy so much exploring and discovering with your guidance Mentally, Physically and MINDFULLY and learning to let go of instilled habits and mindsets accumulated over the years and it's an ongoing quest with no time limits. Thank you. Also love our Small Group - your method, philosophy etc certainly attracts like-minded people who are also aware of the above. And, don't forget to take Time to replenish yourself! I was so proud of you that you actually did go to Majorca and participate in what your Spirit needed despite obstacles.

Wendy (PT/Pilates private client & Fri SG bodyART & Circuit/Pilates)

10.

bodyART has given me a fun, energizing start to my Thursday morning as well as a great way to stay in touch with people who are special to me.

Jacqui (bodyART Thurs 6am)

## Recent Facebook Posts from 2018

As today is World Gratitude Day I'm taking the opportunity to tell you Andrea how grateful I am that I made contact with you 15 months ago to talk about how a very overweight 52 year old with knee and feet problems and a shocking diet could stop the way she was going and start to take control of her health and fitness. I've had my ups and downs over this time. However through it all you've been there not only to pat me on the back when I have a breakthrough but also to ask me what I want to do next when I have a breakdown. I am fitter and stronger. I have less pain. I even think about what food I use to fuel my body sometimes. I'm making better choices. Yes I can hear you saying that I'm doing this. Please understand that I'm doing this because you've shone the light and cleared the obstacles out of my way. It would not have happened without you. I'm also grateful to Kate who introduced us all those years ago because if I hadn't known you I would probably still be thinking about doing something rather than doing it. 💕💕💕

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Today is World Gratitude Day. I'm grateful for my family and friends. I'm grateful for all the people who read my wordy posts and don't unfriend me. Yes I mean you. At the moment I'm particularly grateful to Andrea my wonderful personal trainer who has helped me find a way to beat the aches and pains of ageing and being over weight. I'm fitter and stronger. I'm even on the way to being healthier, three no added sugar days a week. (Don't worry Carolyn, Saturdays are not one of the days) I'm grateful for the ability to sing and the opportunity to sing with the wonderful Sounds of Southgate choir. An amazing group of likeminded people who are so very talented and led by the wonderful Kate. In short, I'm grateful for my life as it is right now. Including the challenges and sadness. The people and good things more than outweigh them. I'm grateful for being one very lucky human being.