

I started training with Jenny & Peter in May 2008. My fiancé and I were just told that our wedding ceremony & reception venue was closing at year end so our March 2009 date turned into 23 November 2008! With 6 months to plan our wedding and myself, I went into panic mode! I've always been relatively fit, but after a few sporting injuries and shoulder surgery in 2007 I definitely wasn't feeling like the beautiful bride I wanted to be. I had won a personal training session with another local company, but something about them seemed fake so I searched for other options. I think **A Body 2 Fit** was the first one I came upon and I didn't look any further.

I discussed my goals with Jenny & Peter, I wanted to lose 6kgs in 6 months, but instead of making it all about weight loss, Jenny thought she'd make me focus on another goal, getting me back on my bike and into triathlons. I hadn't done a triathlon since I was 19 and fell off my bike injuring my shoulder so I had a few barriers to get through.

We started off with easy rides out to the spit but it wasn't long though before Jenny ramped it up and we were riding hills out at Mudgeeraba dodging road works and trucks and then even bigger hills out at Currumbin/Tallebudgera Valley! With each ride I went on, my confidence grew. I also got into running, something I was never fond of. I started off only being able to run for 8 minutes, now I can do 5-7km runs!

Half way through my wedding shape up journey a few of the girls did the Pink Triathlon for Breast Cancer. Although it was only a small one, the achievement of doing this was overwhelming!

At my last weigh in on the Tuesday before the wedding, I had lost exactly 6kg – I was ecstatic! I had not only achieved my **first** ever weight loss goal, I had done it without doing a fad diet or abusing my body with exercise. My weight loss was sensible and consistent.

Apart from getting the body that I wanted, my self esteem and confidence has grown and I'm actually enjoying exercise and feeling a bit like my old self!

I would definitely recommend Jenny & Peter to anyone (in fact I did to almost everyone at my wedding – I think they were the hit of the night!). They are genuine people who have a sincere love of what they do and are happy to share their experience with their clients. Not only did I gain personal trainers, I also gained friends and I am extremely grateful for the results they helped me achieve!

Next goal is the Gold Coast triathlon in March 2009 and then look out Noosa!!