

Weight Loss Case Testimonial



"I was never a huge fan of exercise, but to be honest, it didn't bother me too much. However, over time, I noticed that the foods I was eating were fast foods with a large fizzy drink. I also noticed that occasionally, I would skip breakfast because I didn't have time to make it or was simply too lazy to do so. In order to have enough time to complete all the other tasks I had to complete that day in addition to eating, I trained my body to burn off just one meal per day. My health was in danger because of my lousy habits, lack of concern, and ignorance about diet and health. When I realized I had to take action, I contacted Ciaran Foy Personal Training.

I saw the changes as soon as I joined the program; I was more productive than I had ever been and I wasn't constantly exhausted. I eliminated all the unhealthy foods for the first week or two, substituting them with items that only provided nutrition, and I just drank water in place of the fizzy beverages. It sounds more difficult than it actually is, but as my body started receiving healthy nutrients, I stopped craving junk food.

With Ciaran, my body fat decreased by 12% in just 3 months. I now have more knowledge about making healthy food choices and reaping the health benefits, which I can share with my friends and family. I can also properly educate my children and give them the best chance at a long life by helping them avoid obesity and diabetes, two serious health issues that will affect the next generation.

It is knowledge that money cannot purchase and an investment in your well-being and the well-being of those who matter to you. Since your health is ultimately everything, I heartily endorse Ciaran Foy Personal Training. Learn how to keep it up.