

## Testimonial

I am a 26year old woman who went along for a Power Plate Introductory session just before my last Chemo treatment.

Chemotherapy made it impossible for me to exercise due to the lack of energy and strength in my body. I started Power Plate on a regular basis soon after that.

I lost just over 4kgs in 4 weeks from regular exercise at Revitalise.

With all the steroids and drugs in my system that contributed to a rapid gain in weight Amber had me on a programme that dropped that weight in no time.

A full body work-out was impossible at a gym, I couldn't even walk around a Mall without being drained but within 30 minutes at Revitalise my body had been worked from head to toe with no strain or stress on my body, Just a great feeling of satisfaction and the knowledge that my body could handle it.

Brenna Slee – 26 years

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