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TO WHOM IT MAY CONCERN.

I HAVE BEEN ATTENDING REVITALISE VIBRATION TRAINING  
SINCE FEBURARY OF 2008.ON AVERAGE 3 TO 4 TIMES A  
WEEK,MY GOAL WAS TO FIRM AND TONE BEFORE A TRIP AWAY  
I ACHIEVED GOOD RESULTS BEFORE APRIL.WELL PLEASED WITH  
MYSELF,I HAD LOADS OF ENCOURAGEMENT GIVEN TO ME.  
I HAVE JUST COMPLETED MY FIRST WEEK OF A 6 WEEK CHALLENGE  
BEFORE GOING OVERSEAS AGAIN,AND IN 1ST WEEK I HAVE LOST  
1.5KGS VERY PLEASING AS I DO NOT LOOSE WEIGHT EASILY.  
MEASUREMENTS HAVE CHANGED IN A WEEK,  
AMBER IS SO SUPPORTIVE,GIVES LOTS OF GOOD ADVICE AND HER  
CLIENT BASE IS GROWING ALL THE TIME,BEAUTIFUL,CLEAN,HAPPY  
ATMOSPHERE .I LOVE GOING THERE,WHERE ELSE WOULD I GO TO  
GET FIT NOWHERE.GYMS ARE NOT FOR ME.I AM 61 YEARS YOUNG.  
WHAT OTHER GYM OR CENTRE CAN YOU GO TO TO GET FIT AND SHAPE  
UP WITH A 6 WEEK CHALLENGE.AND AT END OF SESSION FEEL GREAT  
AND THANK SOMEONE AFTER A WORKOUT.I DO I LOVE IT.  
AND WHERE ELSE IN CHRISTCHURCH ARE THE BIGGEST VIBRATORS  
LYN ARMSTRONG.

Lyn Armstrong.

M L Armstrong

29th July 2008.

