

## Fitstreet Testimonial

*"I have to say the Strive for 5 plan worked wonders for me... I was pleased to find Fitstreet, and more importantly Simon, who has made me think about where I was getting things so wrong in the past... To anyone considering enlisting Simon's help I would thoroughly recommend it ..."* **Diane Holden, 46**

For many years I struggled with my weight. I got quite depressed about it at times as I tried one solution after another; diets, exercise videos, gym memberships... You name it, I'd tried it! Nothing seemed to motivate me or produce results long term.

While searching for the next 'solution' online, I came across Fitstreet through an article Simon had written about fat loss. I was impressed with the amount of information this site contained, as well as the free knowledge and advice I was able to read and download. Simon's words made a lot of sense, and I felt compelled to email him for more details.

When we met for my consultation, Simon explained the reasoning behind my current dilemma and made it very clear that I had never stuck to one path long enough to see results. I was a compulsive 'switcher' when it came to exercise and eating! He made it clear that what I needed was a 'lifestyle change', not another 'quick-fix', and that with the **Strive for 5 Plan** the focus would be on fat loss rather than quick 'weight' loss.

Simon warned me this program would test my belief in stepping on the scales every five minutes to assess my progress. *'In the first couple of weeks you may not notice much change at all to your weight'* he warned, *'but your energy levels will accelerate quickly.'* He told me that once my body started to adjust to a healthier plan of action, it would start to let go of bodyfat without much resistance. *'Stick with the system.'* he told me, *'Be patient, and in weeks your body will change considerably.'*

I decided to give the plan a try. From the start I was impressed with Simon's refreshing approach. For once I wasn't expected to jump straight into a harsh exercise regime that would leave me feeling exhausted and wanting to retreat. Simon asked me to address my mindset first, by reading his own e-book about mental preparation for exercise and healthy living. Without a positive mindset I would achieve very little long term. *'Unless you think success, you'll never get lasting results'* were his words...

Expecting to be unconvinced I was pleased to find this book made a lot of sense without being condescending or long winded. By reading the book and then discussing what I had read with Simon, it certainly helped me find the enthusiasm I needed to give this program a chance.

The book not only dealt with finding the right attitude to stick with the Plan, but also explained the simple nutritional and lifestyle changes I should make before my first exercise session, to ensure that I got the best results possible in the weeks to come. Before I'd even started to exercise I was able to see the potential in this Program.

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My first exercise session was unlike anything I had experienced before. While methodical and well planned, I was quite surprised that Simon didn't shout at me or push me hard. *'Could this really work?'* I thought as Simon instructed me to hold a series of static exercises that assessed my movement patterns.

I was shocked to admit that even though I wasn't moving much, I was still starting to shake and sweat! As I moved from one exercise to the next, Simon explained the method behind his madness. He assured me that it was necessary to 'go back to basics' and start with core stability work that would set me up for greater things in the weeks to come. I needed to focus on developing the framework of my body, so that I had a solid foundation from which to work.

The Nutrition part of the plan was just as simple to understand. Again, this was presented in an e-book format. Reading this made me aware of how my metabolism was affected by the food I ate. The book explained 15 ways I could boost my fat burning efforts, by simply improving my diet. It gave me a meal plan to follow, as well as good reasoning for why certain elements needed to be increased and certain elements reduced. Although the book was written in a no-nonsense manner, Simon assured me that the changes he 'demanded' were all possible with a little thought.

What I wasn't so sure about was Simon's advice to eat 5-6 times a day! As a woman I found the idea of eating more regularly a sure-fire route to gaining more weight! It was unheard of in my female circles to be eating more than twice a day! Reluctantly I trusted his judgement and made a concerted effort to eat more often, in smaller quantities...

Now that I had the basic tools I needed, it was time to start my fat-loss sessions. I soon showed quick progression with my exercises, and realised that I was being pushed, but not in the way I had come to expect in the past. Simon focused on correcting my posture while teaching my body the correct way to exercise effectively, rather than simply trying to break me down.

By instructing me to use the right muscles for each exercise and focus on good form, exercises that I had done in the past without thinking now felt far more challenging and effective. For the first time I was actually being taught how to exercise instead of just being ordered *'to do 5 more'*.

Starting out, as I called it, as an exercise 'no-hoper', I was soon surprised by my own progress. The first time I did push ups I managed just 5. Pathetic! Fast forward 4 weeks and I was managing 20 with relative ease. What's more, with every exercise that I did, I could actually feel the right muscles working for a change, instead of a mad blur of aching, breathlessness and sweat! I was soon in touch with what Simon called my 'core' and I could feel a huge difference if I focused on keeping my stomach contracted during each exercise.

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For the first time in years, I felt in control of my own body. The best part was that I was seeing results too! Simon re-assessed my progress fortnightly, taking various measurements and pointing out my strength improvements in weaker areas.

I was seeing a consistent weight loss of 2lb most weeks, as well as a drop in my body measurements, around the chest, hips, waist and thighs. Trousers and skirts soon started to feel loose, and even my husband could notice the difference!

Simon was quick to point out that this wasn't rocket science. With my increased focus and discipline of what I was eating, and Simon's effective program design, I couldn't help but lose fat and shape up. All credit, he said, was down to me. I was the one putting in the hard work. Simon said he was '*simply guiding me in the right direction.*' Now that I was sure that this plan of action was working for me, I felt confident to embrace it and work hard to stick with the formula.

Simon was right after all. The regular eating in smaller quantities made a big difference. While I realised that I had to follow Simon's advice closely, and eat a certain combination of foods for this to be effective, I found that my cravings for sugar soon subsided and I no longer felt compelled to reach for that biscuit or 'naughty' food mid-afternoon, when my energy levels used to take a nosedive. Now I was feeling satisfied, healthier and food no longer seemed to have the hold on me that it once did. I felt free!!

That's not to say that it was all plain sailing. I did go through a blip about 6 weeks into the program, when I had to deal with some family matters, and needed to take a couple of weeks out. While I was unable to exercise and eat as effectively as I had done during the previous weeks, Simon was quick to understand and give me the advice I needed to stay on track and maintain what I had achieved, while not putting extra pressure on me to do more than I could manage.

This is where the weekly email 'check-ins' really helped. Just knowing that someone was keeping a tab on my progress and making me accountable for my actions was enough to ensure that I didn't stray too far.

With tips, advice and small weekly checklists to tick off, I made sure that I followed the plan as much as possible in that time, without feeling that too much was being demanded of me. It was reassuring to know that I hadn't been forgotten about and that I was still a top priority.

During my 20 week program, I made a great deal of progress. Not only did I lose over 2 stone, (34 pounds to be exact!) but I also learned how to make a positive lifestyle change, through improved eating, more rest and regular exercise that I now knew to be effective. What's more my body changed beyond belief! For years I had carried all my weight in my hips and thighs, and looked completely out of proportion to my upper body. Now my whole body had changed. My hips and thighs had shrunk and my body was in proportion for the first time!

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Through Simon's advice I decided to extend my program from once a week for 10 weeks to once a fortnight for 20 weeks. Although I was sceptical at first, Simon assured me that this change would allow me more time between sessions to practice what he set me, while forcing me to become more self-reliant. *'After all', he said 'once this program ends I want you to be able to fend for yourself!' (He meant it in the nicest possible way...)*

I have to say the Strive for 5 plan worked wonders for me. Seeing Simon once a fortnight instead of once a week allowed me to go away between sessions and practice what I had been taught, without feeling that I was becoming too dependant on Simon's help or exercise tuition. With the weekly check ins and home exercise program updates I was able to continue seeing progress throughout my time on the plan.

I'm pleased to say that since finishing my program with Simon, and 'fending for myself', I have kept up with the plan, and am now a reformed exercise 'no-hoper'. I either visit the gym or exercise at home 3-4 times a week. The great thing is that it doesn't rule my life. I actually enjoy doing it now, since I know that it works, and I can continue to see the change in my body.

While I still indulge in the naughty things occasionally, like a glass of wine, meals out and chocolate, I know to be sensible and get back on track the next time I eat, instead of ditching the 'diet' and carrying on regardless.

I was pleased to find Fitstreet, and more importantly Simon, who really has made me think about where I was getting things so wrong in the past.

To anyone considering enlisting Simon's help I would thoroughly recommend it, provided that you're ready to put the work in and become accountable for your own actions.

As Simon emphasised when we first met; *'This is a 2 way contract between you and me. Put the work in, stick to the plan, and you'll get the results.'*

He was right...

**Diane Holden, 46**