

.Since starting Bernie has lost 14lbs of Body Fat without losing any muscle mass.

We take our hat off particularly since she is a company director and has three kids and a busy house to deal with. Are there any excuses to making positive and measurable body transformations? No and here Bernie reveals all!

SFS: Are You Happy with the Results since you have started training?

BE : The results I have achieved have far exceeded my expectations. I had no expectations of 'benching' heavy weights, lifting more than my body weight and certainly not of almost doing a pull up. The programme is so different to anything I have ever done before, its' working for more. Some additional benefits include being able to wear skinny jeans, size 10 clothes, feel and look younger!!! (so my husband tells me!)

I also have to mention the very valuable side effects of stress management which has resulted from the programme. To me its been as important as losing body fat and weight. Prior to coming to Sphere I suffered terribly from stress and my body found it difficult to cope. Even though I was running and it helped, I had no idea what a real exercise programme could achieve. For this I am very grateful

SFS : How do you find the nutritional aspect of the programme?

B : It was very difficult to start with but over time it has actually become easy and the norm for me. Initially I was frustrated with my lack of compliance with the regime but, in fact, this slow and incremental change has helped succeed in breaking nearly all of my bad habits. So in retrospect, the slow start has worked in my favour. The new eating regime together with healthy nutritious foods has totally transformed my digestive system and achieved balance. Thanks to the team's encouragement and motivation I finally got with the programme.

SFS: How do you find fitting the training into your daily week?

B: Not too bad. The gang at home know that on Monday, Weds and Fri I am off to the gym. Their support is crucial to the whole regime.

SFS: Sum Sphere Fitness up in one word

B : Transformation

SFS: Would you recommend Sphere? If so, why?

SFS : I have recommended Sphere Fitness to lots of friends and family. As soon as someone comments on my weight loss I tell them how I have achieved it. In only wish that they would have the motivation to pick up the phone and make an appointment. They don't know what they are missing!

(Don't forget we can offer anyone you know hesitant about joining a 7 day no obligation Guest Pass – Enquire within)

SFS: What are your energy levels like since you started?

BE: My energy levels are excellent. I lead a very busy life running a business, coordinating 3 kids, a husband and their busy schedules, oh as well as keeping a house in order. I can now somehow manage all of these and much more with ease than before and still enjoy a new social life. I have no doubt that my improved training and nutrition are responsible for the new me.

SFS: What's the motivation like in the studio?

BE: Well the results say it all. I certainly wouldn't have achieved the results without the motivation I have received. Albert is an excellent motivator and has used me to lift push and pull many times when I felt sick and tired. He has the ability to treat each client as an individual and tailor the programme accordingly. He does not take no for an answer though, is very persuasive and motivational. I leave the studio feeling wrecked but also motivated to come back and do a little more next time.

Thanks for the transformation

Supplement of the Month – Get Some Sleep – NOW!

Think 4 hours of interrupted sleep is good sleep? Think again. For optimal fat loss, health and longevity 8-10 hours is your right, not a fluke!

And yes getting up to pee is not

Here is how we sort out sleep patterns with a combination of two supplements.

Yin- RLA -3-5 at dinner and bed

Ubermag – 2-4 at dinner and bed

Try an Epsom Salts bath too. Call us now and ask about our 3 for 2 deal on these and get ready to sleep like a baby!

Coming Soon

A New CLASS MEMBERSHIP

Tired of boring fitness regimes that bring zero results. Join us as we introduce our raving **Strongman and Kettlebell** classes in the New Year.

Two crazes sweeping the States and bringing with them fat loss that you thought only came about by eating cabbage soup.

Best bit of this is that for GOLD and PLATINUM members this will be all included part of your membership with no increase in your fees!

Thank You – John's Wedding!

Thanks to those of you who sent well-wishes to myself, Emma and Sam – we thank you sincerely. The day was amazing. Here are a couple of piccies for you! I tell you I am one luck man.

By the way that is a low-carb cake (not!)