

DENISE



Since I have been training with CJ from Training Day, I have lost another 21 kgs. This means it has taken 7-8 months to lose most of the weight. I still have a long way to go.....to date as I write this I have lost over 30kgs. It might not seem like a lot, I think the scale can be deceptive; I am stronger, fitter, healthier and happier than I have been in a very long time. I am doing things at the gym that I never ever thought I would be able to do.

