

A L I S O N S P T J O U R N E Y



H E R S T O R Y

Alison started her journey a year ago, and what a journey it has been.

Alison's goals were very unique. She wanted to improve on her fitness and wellbeing all while trying to self rehabilitate her knee to avoid surgery.

Alison has been committed and dedicated to making the best version of herself. As a result at the end of last year Alison decided to test herself and put her knowledge and skills to the test by volunteering for the charity Operation Orphan, this charity works in rescuing children when natural disasters occur around the world.

Alison passed with flying colours and has ever since kept up with the training and she is always ready and prepared for when she would be needed in a crisis.

Alison has lost 25kg since her PT journey with Will began and whilst that was not her main goal what an achievement it is - Alison you are a rockstar!

PT is not always about weight loss, it can help you achieve many different goals, so if you don't know where to start come and chat to us next time you're in!