



### **Testimonials**

**Name: James Learmond**

**Position: Chairman**

**Company: Crussh**

**Programme: Viso Tour, August 2006**

#### **Why did you do your challenge?**

Loss of any viable physical fitness by the age of 40.

To find a channel for stress.

Improve my health & ability to interact with my children.

#### **What were your objectives?**

fitness

weight-loss

ability to take part in sports such as skiing without it being so much of a physical challenge

initiate a culture of exercise in my daily routine



#### **What did you achieve through the process?**

All of the above, I had never walked for more than 3 hours & certainly not at 3000m.

On one day we probably walked for nearly 9 hours.

#### **Did your programme have a positive impact on your work?**

Yes, especially in my ability to deal with situations where before I would just lose my temper. The regular exercise & improved awareness of the negative effect of my lifestyle have certainly calmed down my reaction to adverse events at work.

#### **How has your programme had a lasting impact?**

I now regularly exercise an hour a day & have no problems in taking part in physical sports. I am also more aware & careful about my consumption of alcohol.

Instead of taking a tube or a cab I now walk and love it!

