



Testimonials

Name: Leslie Feeney
Position: Director
Company: Navalus Ltd
Programme: Mont Blanc Traverse, 2006



Why did you do your challenge?

I felt I needed a formal plan to get back in cardio shape and lose weight after having my baby. To achieve this, I relished the combination of support and feedback with long and short term goals. This way I could break up a daunting challenge into small, manageable bits.

What were your objectives?

- Get cardio fit
- Loose baby weight/train my body
- Improve my strength
- To get back on a routine of exercise
- To become more aware of how I eat

What did you achieve through the process?

- Lost weight and gained a trimmer body
- Became aware of unhealthy eating habits that I'd had for years
 - Not enough water
 - Not enough rest
 - Irregular meals
- So felt more focused, less tired

Did your programme have a positive impact on your work?

Yes - Had more energy during the day especially after lunch and end of day (as I did not skip meals, ate a bigger healthier breakfast)

How has your programme had a lasting impact?

Yes

- Learnt life long lessons, drink more, sleep more, healthier, bigger breakfast, eat smaller and more often, less at night
- Healthier eating habits
- Know my body more, more efficient at working out
- Treat my body and mind better, more rest so can accomplish more in the day, better concentration.

