

Beverly Chilson
Success Story

Jan 2009 – 16st 3



May 2010 – 11st 12



Despite regularly attending exercise classes since the age of 16, age and weight have crept up over the years. So at 39 I set myself a goal to be fit and firm at 40, however with injury and my love of food, that goal came and went. Fortunately I'm now on track to be fit and firm for 45 thanks to VIBES for the *best* fitness classes I have ever attended (well over 1,500 in 28 years), to Mandy for introducing me to running and a sensible diet, to Mike for allowing me to intrude on his early morning swim sessions, and to my partner Anthony for his endless support despite having to eat low fat sausages and becoming a training widow.

Jane and Sean are without a doubt the best team I have ever worked out with. Their motivation, professionalism and knowledge base are truly amazing. They have a knack for focusing on each individual despite being in a class with others. The wide variety of classes and awesome boot camp sessions allow you to choose what is right for your own fitness needs. Thanks VIBES! SIMPLY THE BEST!

Achievements – Over 4stone weight loss, Race for Life 5K run with personal best time of 29:31

Challenge to come – Norwich Triathlon, 4th July 2010 (with Mike)