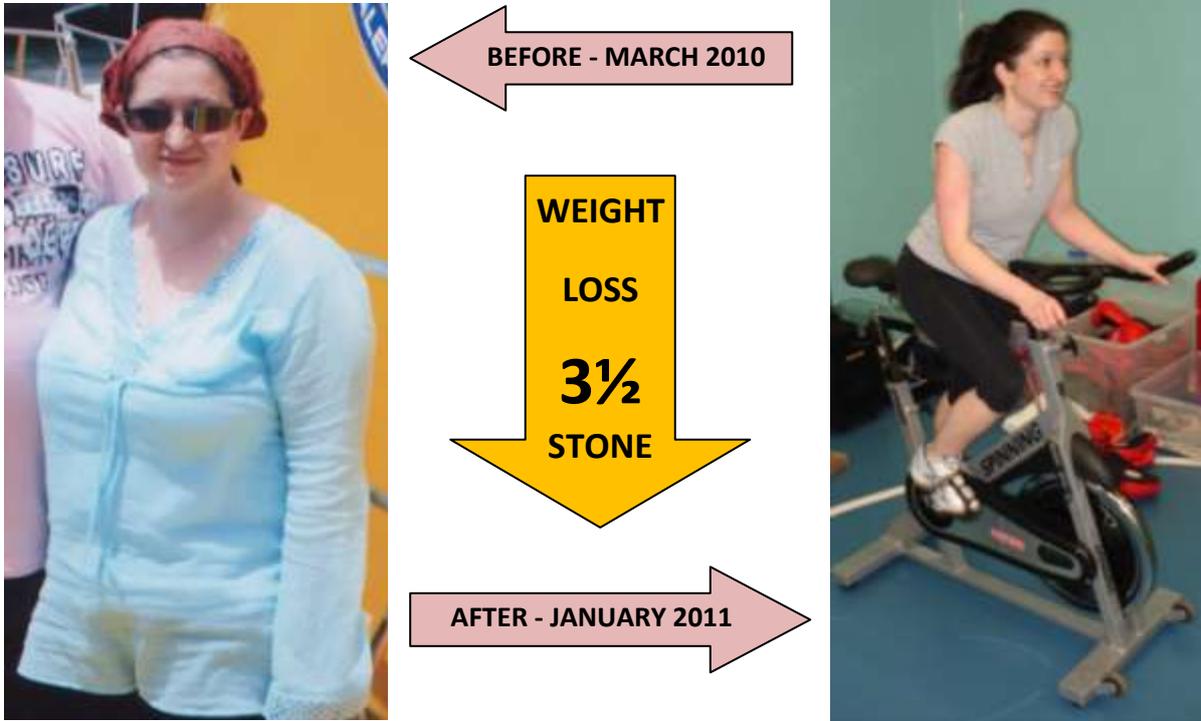
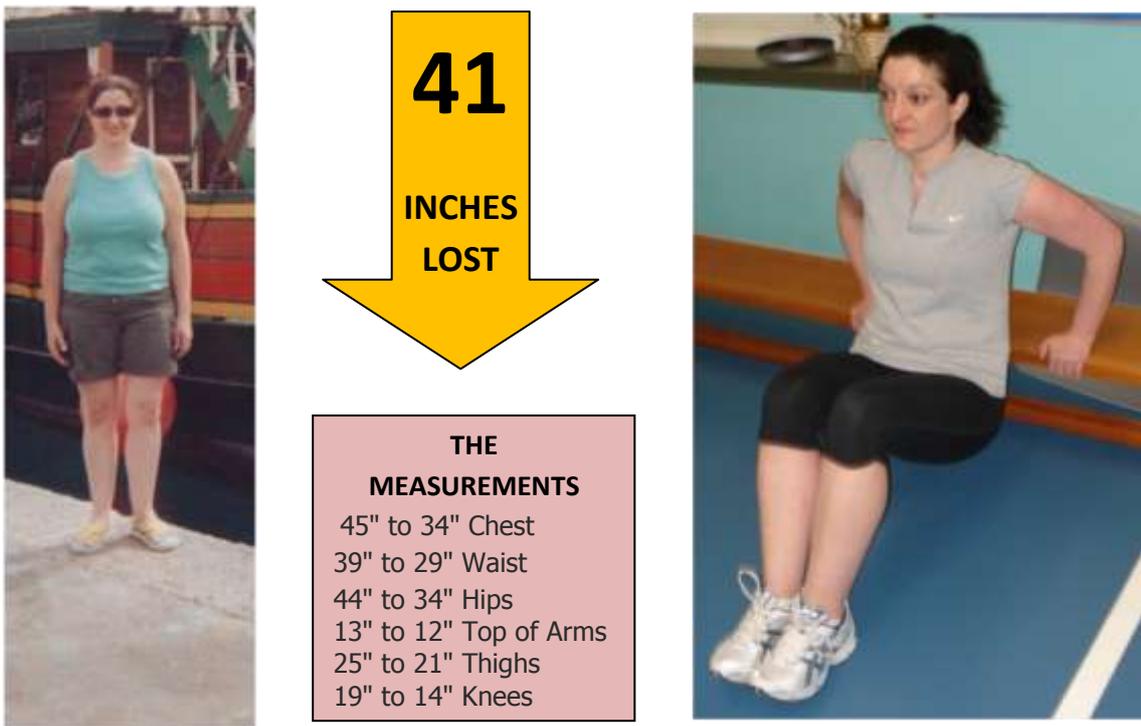


CLAIRE DID IT AND SO CAN YOU

Just take a look at these photos to see the difference Claire has achieved in less than a year...



Claire started her plan to lose weight in March 2010; she started to eat healthier food and also kept a close eye on her calorie intake by using a daily food diary. Changing the foods she was eating soon got Claire some great results.



Claire started circuit training with [VIBES](#) in July 2010. Feeling that her weight loss had reached a plateau adding in some exercise gave Claire an extra boost and also helped her general well-being and confidence.



Claire also now has the confidence to go out running again, something she felt she could not do just one year ago.

*“I have found VIBES classes a fantastic support and motivational. It is the only place I have found where I can keep progressing, working at my own level, but still building up week on week to achieve that little bit more. Add to that the great people attending the classes, I am surrounded by inspiration. So I just keep telling myself, if I think I can, or I think I can't, I'm right!!”**Claire***



Claire: you should be buzzing on the achievements you have made, you look amazing and how fit are you now! Also a big thank you from us for letting us share your success story.

Making changes often means getting out of your comfort zone and I am sure Claire will not mind me telling you the first time she came to our circuit class she was certainly out of hers but she did it, she braved it and attended the session on her own.

We hope Claire’s success inspires you to make a difference this year!

Jane Turner
Personal Trainer
VIBES Health & Fitness