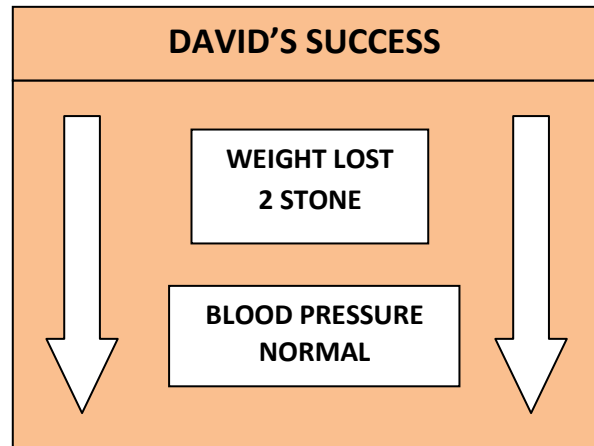


# A NEW PERSON?

NO, IT'S STILL DAVID BUT A HEALTHIER DAVID!

Over a year ago David embarked on a mission to improve his health. Very close to his doctor prescribing him medication for high blood pressure David followed his doctor's advice "exercise more and lose some weight".



"I feel like a **new** person...with the help of VIBES and regular Spin sessions not only has my blood pressure returned to normal but I have managed to lose 2 stone in weight!"

David

David started by making sensible, healthier choices with his food. Next he thought about the exercise and as his daughter had already been attending the local [Indoor Cycling "spinning"](#) classes he decided to come along one week and give a class a try.

I am sure David will agree the first class is often a shock to the system but stick with it and you soon see improvements. Kind to your joints and one of the most effective calorie burning workouts you can do. These weekly classes helped David burn those extra calories and aid his weight loss.

WELL DONE to the NEW healthier DAVID, more energy run round after those grandkids now!

Jane Turner

VIBES Health & Fitness

[www.vibeshealthandfitness.co.uk](http://www.vibeshealthandfitness.co.uk)