

Testimonial

George



BEFORE



AFTER

"At 65 I have tried countless diets and training regimes to lose weight but nothing was successful.

Newstage personal Trainings organized and systematic approach to weight loss has successfully allowed me to lose a whopping 14kg, not only am I enjoying the physiological benefits of looking and feeling great, but the physical benefits have greatly improved my activity and day to day life."

"14kg's lighter, great self-image & confidence, I am enjoying my new body now more than when I was 20."

Lighter and stronger I now have the ability to easily cycle 100km's and comfortably walk 25km of the great north walk.

The results I have achieved have been far beyond my expectations

George 65

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