

Client Testimonial

# ernie adamson



**300  
PUSHUPS  
IN  
30 MINS!**



At Exclusively You I always have great fun training and the trainers are very keen to help all clients reach their goals. I have felt a huge increase in my self-esteem and have pride in my body appearance at the age of 70!

I feel very confident in my ability since training at EY and have realised that age should not be a barrier towards self improvement! Training on your own is not enough; if you want to see beneficial results then you need the dedication of a personal trainer.

“Nothing is impossible and age is irrelevant to being healthy and fit!”

I realise now, that nothing is impossible and age is irrelevant when keeping in shape, as I feel fitter and stronger than ever. Be dedicated, committed and willing to work hard and you will achieve great results with the assistance of the team at EY!

EXCLUSIVELY YOU  
Health Studios