

Client Testimonial

florence zanotti thomas

I am legally blind and need Guidedogs, and I have always used a walker or a wheelchair to get around prior to making a change in my life. I was a member at a popular gym, but I outgrew them and I needed more. The personal training I have received at Exclusively You has changed my life. I can now walk on my own and have gone from a size 24 to size 16!

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4 DRESS SIZES LOST!

I am so much healthier and fitter and am no longer in pain. I never used to be able to stand for a long period but now I can squat and pick things up off the ground and no longer have to sit down while cooking, The team have been so thorough, nurturing, sincere and interested in my progress—they tick every box! I live alone but when I come to Exclusively You I feel valued. I come here because I really do feel as though it's Exclusively for ME!

EXCLUSIVELY YOU
Health Studios