

Client Testimonial

kerry talakouras



The team has been fantastic—from the beginning when I was too scared to walk in the door, right up until now where everyone finds the time to say hi and have a chat. My trainers are awesome at making me comfortable and relaxed, never feeling judged. They know me so well, not just my fitness but on a personal level too. They are extremely supportive, with you every step of the way and your goals become their goals! The encouragement they provide is priceless. (Sometimes my trainers get more excited than me when I make an achievement!)

The team has given me a new lease on life. I have so much more energy now & my family is reaping the benefits.

“My son tells me that he is so happy he can now put his arms all the way around me.”

I love that I can now run and chase and play with my kids, when before I just didn't have the energy. I am also serving my family much healthier meals and teaching my kids about making better choices. All of this is because of what I have achieved and learnt from the team. I love how easy it is at EY. All I have to do is turn up—he talks to me about my eating, he has the session worked out for me, tells me what to do, what I'm doing wrong and doesn't leave my side during the whole session. He knows how far to push me, what my limits are, and when to step it up a little. I am also beginning to actually like exercise when before I hated even going upstairs, now I have the energy and desire to run up them!

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