

## Joeri Gianotten

I have been trying to lose weight for so many years. Caroline really made a difference when she took an interest in my everyday life like eating habits and lifestyle.

This combined with her challenging trainings helped me lost 9KG in three months.

Currently, I am doing maintenance training with both Caroline and Daryl.

Daryl is a &ldquo;no-nonsense&rdquo; trainer. He is result-oriented, motivating and creative.

I would highly recommend Daryl and Caroline if you wish to have a fun yet challenging workout.

Most importantly, you get the results you want!

Joeri Gianotten

Business Development Manager

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