

What our clients are saying about Team Dynamix Weight Loss.



'I am now able to manage my weight and lifestyle from the knowledge I gained from the course. I did enjoy the physical aspect even though the idea of a group training session was daunting for me initially. I would definitely be interested in any follow up courses.' - Rob

'Having just completed the Team Dynamix Course I can honestly say, no exercise regime has ever changed the way my body 'works' as this has. I have lost 15kgs since MarchThe fact is, the education about food has changed the way I think about it, and what I eat all the time.' - Roger

'The nutritional information alone was worth the money. It has given me ideas for eating what and when, and also to keep up the lifestyle and make it enjoyable. I would go as far to say that what I eat now is not only healthier but more enjoyable than what I used to.' - Thomas

'...so far I have lost over 2 stone. The first stone and a half thanks to sticking to the programme 100%, which I did do. I don't have a Bodyfat percentage but I did lose 10 inches. It has certainly given me a much needed kick start.' - Ella

'I've passed on the information I received in the very valuable healthy eating lessons and an unexpected positive outcome of me eating more healthily is that it's rubbed off on my family. We are now more conscious about the food we eat and the way we cook it. I've completely changed the way I eat and what I eat. I have taken so much from the course.' - Darren