

Orchids helps Carly drop 4 dress sizes!

Carly was in a place we have all been – Enjoyed her food, enjoyed socialising and was just too busy to find time to exercise. Before she knew it, she found herself a size 16/18!

Time to make the change.

Carly took the sensible route of a healthy diet, introducing more Protein and reducing her Carb intake, and an exercise plan, but always allowed herself a weekly treat. After losing one stone by her own determination, she realised that to get to her target weight she needed some help. But like many women, was not comfortable going to one of the larger chain gyms.

She saw the advert for Orchids Ladies Fitness and decided this was right for her, and she explains why this has helped her: "The training programme at Orchids is easy to learn and only takes 30 minutes per session, with the support you get physically as well as the motivation and encouragement. Carol and Hannah

give you, it gave me the push I needed to lose a further two stone."

Carly added: "The last half a stone was the hardest, but with my husband due home from a tour in Afghanistan I wanted to look my best. I am now a size 8/10 and feel great. I still go to Orchids to maintain my weight, I have made many friends there and it never feels like a chore."

Carly after her weight loss



Carly before joining Orchids

**Orchids Ladies Health & Fitness Centre
Unit 7, New England Complex,
York Road, Peterborough PE1 3BP**

Look good & feel great in 2010!

Why wait? Join now!

Look out for great membership offers



www.orchidsfitness.co.uk

Ladies Health & Fitness Centre
orchids
where women blossom

Call NOW on 01733 348299 for 1 week free trial