

Member OF THE Month

CLIENT **Mark Derecourt**

COACH **Dan Williams**

SPECIFIC GOALS ACHIEVED

The alleviation of a chronic lower back problem, a decrease in weight of 5.2kg, a 2% decrease in body fat, an increase in overall strength of approx 30%.

CLIENT TESTIMONIAL

Dear Dan,

Walking into Essence Lifestyle Changes with the inability to run or comfortably sit on a bike, you recommended that I undertake a rehabilitation programme consisting of core strength and flexibility. After a period of time, such was the improvement in my lower back that I have been able to get back on a bike even run again.

With my new found flexibility and core strength I participated in the 2006 Busselton Ironman, successfully completing the 180 km cycle leg in the Teams Division.

My rehabilitation has been given me the confidence to attempt sports and exercises that I would never have considered in the past. I have never felt stronger and now that we have tailored my rehabilitation programme, to one of strength and endurance I am planning to run the 2008 City to Surf and am also considering competing in the Busselton Half Ironman.

Without your guidance and support, I feel that these goals would never have been attempted by me.

*Regards,
Mark Derecourt*

