

Fiona Reilly – Wife and mother of two.



“I arrived six months ago overweight, unhealthy, and disillusioned. I’d been to other gyms and had personal coaches so what could Mark offer me that was different and motivational? On my first meeting with Mark it was obvious that he was someone totally committed to his cause, which is to educate and inform everyone to take responsibility and experience the benefits of improved health and performance.”

During the past six months I’ve changed, both mentally and physically! I have reduced my body fat percentage, it is now within healthy limits, and my shape is changing to what I could only dream it could be. Mark has taught me that I can achieve whatever I want, he is there to support and encourage me when I feel overwhelmed or lacking in confidence.

My outlook on health and daily performance has changed for the better and forever. I could never go back to what I was six months ago!”

“Plan your work for today and everyday, and then work your plan.”

Personal Coaching

Fiona Reilly

Requirements

A holistic approach to health management including physical activity, nutrition, emotions & mindset plus time management.

MG Business Health Solutions

- Personal health management coaching program.

Participants

Fiona Reilly

Outcome

Total transformation in health management behaviours i.e. physical activity, nutrition and developing self-confidence.