



Cat has a really easy, relaxed and friendly manner which allows her to support you very effectively in any challenge you may face.

I wanted to lose a fair bit of weight for a wedding and raise my fitness levels and by shrewdly assessing my work life balance and eating and drinking habits she devised an approach to help me reach my targets.

Although having a lovely manner Cat can turn serious when she has to keep you on track. Which at the end of the day is for your own good. She is devoted to her work as a sports trainer/ therapist and also has a really good knowledge of dietary considerations/ issues to guide you.

It has taken me thirty years to accept I needed help to spark me into action (Now 51yrs) and I have no doubt whatsoever that Cat's personality and approach to encouraging and supporting me has been the key factor in me fitting into a kilt once more and getting those endorphins coursing again.

Gordon Mackay
Bathgate