

I received serious injuries in a climbing accident 4 years ago which included a broken neck, arm and hip.

My rehabilitation has been steady but since moving to Perth two years ago, the training sessions with Cat have seen dramatic improvements in my fitness.

In January 2010, I underwent hip replacement surgery and the exercises and encouragement that Cat provided have been an immense help in the rehabilitation from what was a difficult operation and recovery . She has provided a variety of exercises to target the specific muscles that need to be worked more than others and I would wholly recommend her to anyone recovering from injury....many thanks Cat!!

Michael Tunney