

TRENDSETTERS 2015 BODY TRANSFORMATION CHALLENGE

THE CHALLENGERS FROM OUR 2015 GROUP, ALL DID AN AMAZING JOB AND WHILE IT WASN'T ALWAYS EASY, (AFTER ALL IT IS CALLED A 'CHALLENGE'), THEY STUCK TO IT AND HAVE CONTINUED TO USE WHAT THEY LEARNT ALONG THE WAY. THEIR RESULTS CAME FROM HARD WORK AND DEDICATION BUT THAT'S NOT TO SAY THAT SOME OF THEM DIDN'T SLIP UP HERE AND THERE BUT WHEN THEY FELL OF THE WAGON THEY SIMPLY GOT BACK ON. THEY HAVE PROVEN THAT ANY 'NORMAL' PERSON CAN ACHIEVE GREAT RESULTS AND NOT EVEN A BROKEN FOOT FROM DAY ONE STOPPED SUE IRELAND AND NOR DID AN KNEE INJURY SUFFERED BY CHARISSA BOURNE AT THE SIX WEEK MARK STOP HER FROM COMPLETING THE CHALLENGE.

WE HERE AT TREND FITNESS LOVED WORKING WITH ALL OUR CHALLENGERS AND SEEING EVERYONE'S RESULTS AND THE POSITIVE CHANGES THEY MADE TO THEIR LIVES MADE OPENING THE GYM COMPLETELY WORTHWHILE AND IS THE REASON WE OPENED IN THE FIRST PLACE SO WE CAN'T WAIT TO DO IT ALL AGAIN!



It was good being part of a group because you knew that you were not alone in the challenge and you got to see people really wanting to make a difference for themselves which was inspiring.

I followed the training plan pretty well. It was easy to follow and it gave me results. I also followed the eating plan pretty well (except for a couple of days where I had to get a peanut butter and chocolate block fix! - and boy did I pay for it!) But then I got straight back on track. At the end of the day I felt a sense of achievement that I didn't overeat and I had exercised and was seeing results.

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Being part of the group was great, it was just what I needed to keep me going when I was struggling and push me harder right when I needed it

I gained my health, fitness, a whole new outlook on the world and life, a new mindset, the belief I can and will achieve anything I put my mind to and some great new friends.

Possibly the best and most life changing experience of my entire life and thank you to everyone involved !!



Trish Blake
3rd Place

For me being a part of the group kept me on track and inspired. Although I was unable to train in normal hours or make group trainings, just having the Trendsetters Facebook page made me feel supported and inspired. When I felt at my lowest or highest there was always someone there to help out and keep me accountable.

My energy/ confidence levels are the highest they have been since I can't even remember when. I'm going to continue on with this way of living. I was sceptical about the challenge but if anyone asks me about it, I say go for it and join our family at the gym.



Clinton Bourne
Equal 4th

Being part of the Trendsetters was great, I got to meet new people that had the same goals which made it easier to stay on track with the wealth of knowledge and support that came too.

Joining a great club and meeting new people that has helped me change my life for the better. Also bringing my wife along for the ride too. Seeing how far we have come and how hard you can push yourself - 12 weeks seems like a long time but when you see the changes that you have made to your health and body 12 weeks isn't long at all. I can't believe the massive change in my body and would just like to thank Steve and Holly for their support throughout it.



Danen Ferris
Equal 4th

Trendsetters was awesome! I never felt alone. There was great support at the club by Steve, Holly and the staff as well as the other Challengers at the gym. The Facebook group also helped to give a sense of community.

The weekly sessions were great, getting outdoors and getting butts kicked, I wish I could have attended more.

The internal challenge made the Maxines challenge a totally different ballgame. Not being left to fend for ourselves and knowing people cared and would kick our asses if needed was really comforting and inspiring.



I have learnt that I can do anything that I put my mind to. I have learnt extremely valuable tools about my nutrition & fitness to see me through the rest of my life. It has taught me the correct portion sizes & the importance of carbs/protein in your diet & for the first time in my life I am enjoying weights more than cardio. I also got out of this challenge a healthier body, happier children, a better relationship with my husband, a whole new wardrobe & more self confidence

I can't wait to continue on this journey for the rest of my life & teaching my children the importance of being fit & healthy.



Being part of this great group was exciting and inspirational. Watching and listening to everyone's ideas was fantastic.

I am super glad that Holly and Steve opened this gym and I am so happy I got up the courage and go inside and join up. You guys gave us all your knowledge and skills to succeed and go onto bigger and better things. I know I will continue with my healthy lifestyle and will do the challenge again in February.