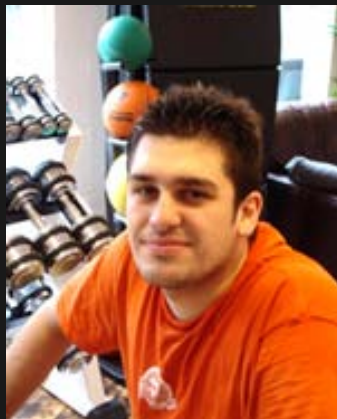


# Testimonials



▲ Milos Hamovic - Risk Management

Having suffered from back pain for 15 years, I had been to a series of GPs, chiropractors, osteopaths, Alexander practitioners, acupuncturists and gym instructors, but without success. Fortunately, I was then recommended to Claud by a friend. As soon as Claud began his initial assessment of me, he pointed out that my right leg was some 2cm longer than my left and explained the impact this was having on my posture, and ultimately on my back. He then devised a series of exercises and stretches to put right the years of abuse my spine had suffered. Though difficult, these exercises have never caused me any pain and within two sessions, I realised that I was sleeping better and awakening without back pain - there could be no better incentive to continue with Claud. Each week I can feel myself growing stronger and better able to stand and move. The pace is never rushed and with Claud checking that I do the exercises correctly, I never have to worry that I will overexert myself and suffer the stiffness that more traditional exercises invariably cause me.

**Ann Dalton - Advertising Copywriter**



▲ Gyunei - International Model

I started training with Claud almost a year ago. I work long hours (10-12 a day) at a desk and a computer and then generally play sports, primarily basketball, 2 times a week, 2-3 hours each session to unwind. My old injuries started playing up as my muscles went from state of absolute rest to high impact and aggressive activity. My right ankle, already injured some time ago was a big problem, causing me great pain when playing. Through a structured and planned programme, Claud managed to strengthen and reposition my ankle. allowing it greater movement and strength. I even stopped wearing an omnipresent ankle brace. My fitness levels have also been raised considerably, which is reflected not only in having more energy when playing sports but also at work. What I most like about Claud is that, despite his age, he is incredibly experienced and explains everything we do, which in turn gives me the sense of security that one must have when training. He is also always open to new exercises which keeps the workouts interesting and surprising.

**Milos Hamovic - Risk Management**

I first went to Claud when I was suffering from a severe problem on the left side of my neck. I could barely move my head to the left, forwards or backwards. In fact I probably only had about 20% movement in that area. Claud gave me a series of exercises which gradually began to give mobility back to my neck, ending each session with gentle stretching. The process took some time but now my neck problem has gone completely. I still go to Claud for my exercise sessions and would recommend him he did a fantastic job. Thank you Claud.

**Elizabeth Thackray - Recruitment Consultant**



▲ Elizabeth Thackray - Recruitment Consultant

I have trained with Claud Serjeant over the summer of 2003 and into the early months of 2004. I enjoyed his training sessions and his knowledge base is very good. My physique has changed dramatically with his programme and he has passed on very valuable information about my body that I was not aware of.

**Meg Matthews - Celebrity**

I have been training with Claud for quite some time now. Our initial meeting was some months after I gave birth. I wanted to get back into shape quickly and Claud helped me achieve this. My posture, strength and overall tone have improved too. I have always enjoyed exercising with him and he makes every workout different which makes it enjoyable and challenging.

**Gyunei - International Model**

Training with Claud is really energising. It's always different and fun, and above all he creates exercise that's tailored to your personal needs. His technique and ideas about posture and developing essential hidden muscles to strengthen your spine are truly inspiring and have clearly increased my well-being.

**Catherine Gaitte**



▲ Caroline Creyf - Business Director

I joined Claud just under a year ago; I came to him with a long suffering pain in my knee and back. Claud identified all these problems in our first session and has worked to increase my strength in my knee and reduce my back pain by strengthening my back and shoulders as well as my overall core.

The pain in my back and knee meant I couldn't participate in the things that I loved such as playing golf and tennis; even walking was a painful chore. Thanks to my training with Claud I have reduced my overall weight and have also dropped a dress size. Most importantly, my knee and back do not hamper me from enjoying life as before. I now am able to play tennis and golf whenever I want and I look much healthier.

My cardiovascular endurance is much greater now. Claud provides a very thorough analysis of your body then assess where you need the work and combines this with training for your specific needs and desires.

I have found training with Claud not only very beneficial but he has always ensured that each session has a lot of variation and no training session is ever the same which means I never get bored. Each exercise tests me mentally as well as physically. Thanks to Claud I am back to getting compliments on my physique.

**Caroline Creyf - Business Director**