



12 years ago, upon moving into Purdy's Wharf offices, a membership was taken out in the Purdy's Wharf Gym with the usual good intentions. After many years of seldom used membership, a remarkable confluence of three events occurred:

1. A personal trainer named Kelly Bell would not give up on trying to make a difference. She introduced me to yoga, got me off the can and ended 43 years of chronic acute pain.

2. A long undiagnosed infection was successfully treated restoring vitality.

3. Greg Simmons took my situation on and introduced me to a personal training relationship with Darryl Council that has been extraordinarily rewarding.

The request made of the program was: "no injuries, no set-backs" and they listened.

Darryl has been working with me since the middle of February 2013. In those nine months, he has built upon the work of Kelly Bell and the restored vitality to achieve a transformation that exceeds my most hopeful expectations when I started this program.

My history of attempts at physical fitness and personal training until now with the benefit of Kelly, Greg, Tammy and Darryl was one of continuing disappointment. Uniquely these trainers recognized limitations of prior injuries and age.

And the results are straight forward:

I am stronger than any time in the previous 25 years, and for the first time since 1965, I remain pain and injury free after three years, despite intensive workout sessions twice weekly for the last nine months. Despite significant increase in muscle strength, I weigh in at 17 pounds less than last March and measure 6 inches smaller at the waist. The journey is not complete as I have yet to reach my view of ideal weight and BMI, but I can clearly see the destination from here. Although I am in my 60s, I feel better than I have since my teens.

To borrow a quote from 'the man that lost 300 pounds', "never, ever, under any circumstances, give up on yourself". Full credit to the personnel at the Purdy's Wharf Fitness Club, with special thanks to Darryl Council, with restoring my health, my faith in myself and hope for further progress.

One very grateful client,

Payson Hunter