



Evolve Fitness UK

Slimmer Abs and Leaner Legs

In October/November 2015 the group lost the collective total of **166 inches** in just 6 weeks!!!
Pretty amazing results wouldn't you agree?

Here's just a few things they had to say about the course...

"Slimmer Abs gave me the motivation to start changing my lifestyle and the determination to continue and succeed"

Rachel

"This was a great course which changed my eating habits and pushed my fitness levels. Being part of a group meant there was support from each other. Rachel was always there giving us encouragement and advice"

Yvonne

"I found the course a fantastic experience, the support on the Facebook page was great, just being able to fit into a dress that hadn't looked at me for years was just the best feeling ever"

Shirley

"After 2 C-sections in 16 months I thought I'd never get control of my tummy muscles again, but with Rachel's classes and support I finally feel back to normal. The programme was easy to follow and this self-confessed chocoholic managed to stay away from sugar quite easily. I highly recommend this course"

Evelyn

"Never felt hungry, loads of lovely fresh healthy food to keep you filled up and stop snacking, introduced to new exercise class that I would not have chosen to do but found I quite liked. Great results for both inch loss and weight loss – inspired to keep going with clean eating"

Kate

"The Slimmer Abs course was a great experience and education. I am extremely happy with my results and achievement. Rachel is a wonderful mentor. Highly recommend this course to anyone together also with any of Rachel's classes"

Christiane

"This has been fabulous for me! Wouldn't hesitate to do it all over again... Big change, everyone says how well I've done with this challenge"

Karen

"A brilliant course to kick start inch loss. It really does work and it's been an amazing experience, the support from Rachel was excellent. Thank you!!!!"

Simone