

## Reference Dominic Rohan-Gates

Dominic has been an inspiration to me. He has helped me to look at food and exercise in a positive light. He sets me targets, which pushed me but ultimately are accomplishable to reach and maintain.

I have trained with Dom for a number of years. At first I wanted to lose weight and get fit but then as my circumstances changed he has seen me through two pregnancies.

I couldn't have done it without him. He was my rock, helping me to stay motivated and always look at the positives. His nutritional advice is exceptional and he has an incredible knowledge of the body as a whole and what it needs to work and give the best results. Training is not just about exercise, its about mental state, nutrition and fitness.

Dom works on all of this and shows you the light at the end of the tunnel.