

November 15th 2007

TO WHOM IT MAY CONCERN.

I was introduced to Wellness at work through a friend who found it to be wonderful thing to do. I visited Chris in April/May 2005 with a problem in Knees but on my first visit Chris told me the problem is not Knees but is weight. I used to weigh around 123 Kilos at the time.

Chris put a good regime of diet, exercise and massage to work with me.

Lot of hard work was put in and during the course Chris exposed me to body wall concept and shown me the demo.

I have also undergone some weight control surgery during this period. I could make that decision because I started feeling very good about myself after being having couple of sessions with Bodywall.

Once I came out of the recovery of the operation I started on advice from Chris and my confidence in Bodywall once a week full on session. To my surprise I can now run and jog and dance and etc.

I found that Bodywall was so easy and was fun to do. It was no where a torture to my body and I always looked forward for my Monday morning session.

The strength to my muscles and change in my posture was the main gain during this period. I got rid of all funny pains and after two years my knees are still the same but I have no issues with them at all.

I can see lots of good results via Bodywall for people who cannot do heavy workouts at Gyms.

The innovative methods of training are shown to me all the times during my sessions. I

thoroughly enjoy my time and feel so good after the sessions.

I recommend this technique of training to be adapted to various fields of life.

I personally have gained lot of confidence and people at my work place respect me for the achievement of bringing me down to 76 Kilos and fully fit energetic person.

I work as CEO of software development company in Auckland and my productivity has gone up many times and have given me lot of respect within corporate.

Last not least I still find people asking my wife where your husband is as they cannot recognize me.

My previous and current pictures will explain everything to you.

Thanks to Bodywall team and special to Chris Toal.

Mannu Kaila
CEO