

3 August 2009

122 Richmond Rd
GreyLynn

To whom it may concern.

After a routine visit to my doctor about 3 months ago I was told that I am diabetic. I was told my blood sugar levels had been up to 10 and my latest result was 8.4. The normal range is between 4 and 8. My weight was 121kg. I was given tablets to take as well as a diabetes reader which I had to take readings of my blood levels.

I went home and told my partner and I had pretty much resigned myself to the fact that I am now a diabetic. But my partner had a different idea. She had researched a lot of information on the internet and soon learnt that exercise and weight had a direct affect on blood levels.

We spoke about joining a gym but because of my job – we look after children with behavioural problems – we did not have the spare time to join a gym.

My partner was listening to the radio one day and heard about Bodywall and was particularly interested in the part that you only had to exercise one hour per week. My partner dragged me along reluctantly I might add to a free session.

We have now been attending Bodywall for just over 3 months and my last doctors visit revealed that I had lost just over 6 kilos and my blood levels ranged between 6.3 and 7.5. I told my doctor what I had been doing and he said keep it up, its working. I also told my doctor that I am not taking any of the diabetes tablets he has given me.

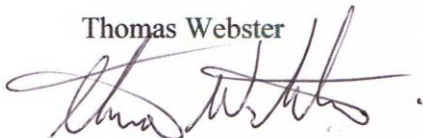
Chris from Bodywall had no idea that I was diabetic, it was something that we wanted to keep to ourselves but it was when Chris mentioned that he was to be talking with Diabetes New Zealand that we told Chris.

When I first started Bodywall I did not believe that attending one session per week was going to make any difference and that it would be just a waste of money. I now fully endorse Bodywall and have not felt this good in a long time but don't let me kid you the workout is extremely hard even after 3 months. Both my partner and I are looking great.

I think now looking back if you really want to do something about your health it is entirely in your hands, sometimes you have to step out of your comfort zone. Now my future is bright as well as my partner because if it wasn't for her pushing me in the first instance I would not be writing this letter.

Regards

Thomas Webster

A handwritten signature in black ink, appearing to read 'Thomas Webster', written over the printed name.