



Personal Training Testimonials

“The day Jody Kennett became my trainer marked a turning point in my life. When I first came to her six years ago, I was almost crippled from back pain stemming from rotoscoliosis and severe spinal stenosis. Thanks to her superb understanding of body mechanics, Jody guided me very skilfully towards major improvements in my mobility and cardiovascular health. I am pleased to recommend Jody highly as an outstanding physical fitness professional.” Monica Drake

“Jody has taken my body to new “leaps” and bounds. She has given me many new goals to reach and always challenges me, but at the same time knows and respects my limits. At the age of 65, I have never felt better! Jody has always kept up with the latest fitness trends by taking ongoing courses. I have always felt her to be most knowledgeable in her field of personal training. Jody is fun to be with and I always look forward to my weekly workouts with her.” Barbara Hardy

“Jody – Your attention to detail when I’m doing the exercise program you designed for me specifically, is a critical component. I don’t see the same level of commitment or your knowledge with other instructors. You have made a huge difference to my rehabilitation for both hip and back. I recommend you to others because I believe you make a difference.” Russell Lane

“Jody Kennett has been my daughter’s personal trainer for the past three years. She was 12 years old when Jody was recommended to us by the physiotherapist she was seeing due to scoliosis in her back and some hip problems. Jody was able to develop exercises based on the assessments of my daughter’s orthopedic doctor and her physiotherapist.”

“Over the past 3 years, seeing Jody twice a week, my daughter has been transformed from a girl who was reluctant to exercise, to a young lady who loves to go to her training sessions, who views herself as physically strong and capable and whose positive self image has been developed and nurtured under the guidance of Jody. Her posture, core strength and

flexibility have all been improved. She has learned the proper way to do exercises which strengthen her back and reduce the impact of her scoliosis. The cardiovascular training she has done with Jody has resulted in a marked improvement in her timed runs at school.”

“Jody has been one of the best influences on my daughter’s life. Jody’s positive attitude, patience, great listening skills and wonderful sense of humour have all combined to give my daughter a real desire to become physically fit. I would highly recommend Jody, not only as an excellent personal trainer, but also as someone who is able to motivate and inspire others to be the best they can be.”

Elizabeth

“My goal was to develop my upper body strength. Jody consulted with my physiotherapist first to find out what exercises to avoid. Jody helped me to develop an understanding of core and posture. She gave me excellent exercises to improve other areas of weakness. Jody is very knowledgeable in all areas of training. Jody is one of the most positive, motivated trainers I have worked with; she is very professional, always on time, has an excellent sense of humour, focused, and very compassionate. I cannot speak more highly of Jody and would highly recommend her services.” Jean Calder