

You CAN change your life!



“whatever your goal, if you genuinely want it, you will reach it. It’s that simple.”

DJ HUSSEY (pictured) is a Fitness Instructor with an amazing story. Here he explains how the simple step of joining a kinetika gym changed his life, and career, forever...

“In 2005 I was 18 years old and about to turn 19, weighing more than my age in stone. I tipped the scales at 19 stone 10 pounds. My diet was terrible, I hadn’t moved faster than a walk since leaving school and exercise was a word I didn’t associate with any aspect of my life. I was desperate to lead a healthier lifestyle and fed up with being overweight and so unfit I would break into a sweat just walking upstairs. I joined Castle Place Leisure Centre in Trowbridge and with nothing more than an iron will, determination and huge support from family and friends, I managed to get my weight down to 13 stone 9 pounds (losing 6 stone 1lbs). My waist was a 44” originally, but my training helped me get it down to a 32” in just 8 months.



“It wasn’t training alone that helped me lose weight. My diet before joining the gym mainly consisted of chocolate, crisps, kebabs, chips, biscuits and milkshakes. When I started training, I knew that to achieve my goals I would have to fix every aspect of my lifestyle, so I began to eat sensibly, eating 6 - 7 small meals every day, only treating myself to chocolate or crisps on a Friday or my “Fat Friday” as I came to know it!

“My passion for fitness grew from this simple membership; I was able to play inline hockey again, something I hadn’t done since I was 13. I also discovered a passion for weight lifting which is now a staple in my training programme and a huge part of my life. It also allowed me to do more in my normal life; things I never could have before such as complete the Hadrian’s Wall walk - an 84 mile trek from one side of England to the other. I could snow shoe through Canadian mountains and hike through

giant canyons... amazing experiences that would have been impossible for me in my previous life.

“I spent a few years training as hard as I could before it occurred to me; I have a passion for all things fitness, so why not make a career out of it? I decided to leave my job, complete a full time Level 3 Advanced Personal Training qualification and become a fitness professional and personal trainer. I was lucky enough to be offered a job with DC Leisure working at the Melksham Blue Pool and can genuinely say I have the best job in the world! I get to go to the gym every day and help people become fitter, healthier and, in turn, maybe improve their quality of life in the same way it has done mine.

“It would be impossible for me to put into words the difference between the person I was 6 years ago, and the person I am today. That’s not to say it’s been easy, because it most certainly hasn’t. Every second of every training session requires 100% of my effort and the discipline I have had to apply to my life to maintain and improve myself mentally and physically is huge. But it absolutely goes to show that whatever your goal, whatever you wish to achieve, if you genuinely want it, you will reach it. It’s that simple.”

Start your New Year training today by calling your nearest kinetika gym on:

- Castle Place Leisure Centre**
01225 762711
- Christie Miller Sports Centre**
01225 702826
- Leighton Recreation Centre**
01373 824448
- Melksham Blue Pool**
01225 703525
- Warminster Sports Centre**
01985 212946