



TESTIMONIALS

I had always read about the program and kept thinking I could not do it. I totally enjoyed it - knowing I was getting fit and accomplishing something I always wanted to do. The trainers are excellent and everyone in the program are all cheering for each other. Catherine does an amazing job making each person feel very special to her. Would highly recommend to anyone wanting to do this.

7:54 AM [View respondent's answers](#) [Categorize as...](#) [☰](#)

LIFE CHANGING!!!! I am a runner now! :)

7:03 PM [View respondent's answers](#) [Categorize as...](#) [☰](#)



I am so glad that I signed up for this program! I never would have thought that I could run 1 mile let alone 3 without walking in between, but I am proof that this program works.

2:49 PM [View respondent's answers](#) [Categorize as...](#) [☰](#)



Absolutely a great program! Really supportive coaches who provided encouragement and who believed in your ability even when you doubted yourself! Will highly recommend this for people who want a supported program to get fit - even if they choose not to continue to focus on running. Will definitely maintain a more active lifestyle going forward as a result of the benefits of this experience!

12:35 PM [View respondent's answers](#) [Categorize as...](#) [☰](#)



Overall was amazing. This is something I have been trying to accomplish for a while and am so happy that I have finally reached my goal! I will keep it up now. This won't be the last you have seen of me.

12:13 PM [View respondent's answers](#) [Categorize as...](#) [☰](#)



an accidental experience that I now see as being essential for my well being and fitness. I am so happy that I participated

11:09 AM [View respondent's answers](#) [Categorize as...](#) [☰](#)

The progression in your training is amazing... there was no way I ever thought I could run a 5K! To be on the other side feels fantastic!

7:31 PM [View respondent's answers](#) [Categorize as...](#) [☰](#)



A positive, encouraging experience - I am so proud of myself!

10:28 AM [View respondent's answers](#) [Categorize as...](#) [☰](#)



Today I feel like a different person, i have acheived something I never thought I would and I have a new outlook on what I can acheive if I have the support and the determination.

9:17 AM [View respondent's answers](#) [Categorize as...](#) [☰](#)



Amazing. I have tried SO many times to become a "runner". And i'd go once or twice then quit. Having the support system has been invaluable.

11:24 PM [View respondent's answers](#) [Categorize as...](#) [⌵](#)



Fantastic. Enjoyed every run, after I'd finished!!. Plenty of advice and encouragement during the sessions and also when I was injured (self and work inflicted). The program was gradual and well structured to build confidence. Pep talks before all the big jumps in running time were also appreciated. There were also no surprises as everything was explained ahead of time. I had never run a race before but felt ready when I got to the start line.

9:38 PM [View respondent's answers](#) [Categorize as...](#) [⌵](#)



Great Experience. Really enjoyed and the support from the coaches. Appreciated the timely responses and encouragement. Great group of coaches and people!

9:35 PM [View respondent's answers](#) [Categorize as...](#) [⌵](#)



Absolutely fantastic! Really appreciated the extra help from the trainers with regards to injury prevention and the extra nutritional suggestions from Catherine

8:55 PM [View respondent's answers](#) [Categorize as...](#) [⌵](#)

A Huge Thank You! The experience has been life-changing! I have set a new standard for myself! It has become a passion for me and I cant wait for the next 5k!

7:31 PM [View respondent's answers](#) [Categorize as...](#) [⌵](#)



The coaches were inspiring to me in many ways - they make an awesome team and am proud to say that they trained me - well pushed me to meet my goal - I ran a 5k!!!!!! woooooohoooooo

10:14 PM [View respondent's answers](#) [Categorize as...](#) [⌵](#)



You are an amazing woman Catherine Burns. My life has completely changed for the better since I met you. You are doing a great job!!!!!!

8:39 PM [View respondent's answers](#) [Categorize as...](#) [⌵](#)