

TESTIMONIAL



Personal Trainer & Nutrition Coach

MY JOURNEY SO FAR...

In 11 weeks I have achieved so much.
I have lost 25lb, 28 inches and
feel amazing!! And it's all thanks to Vicki!

I live in Durham, NE England and have
never met Vicki. All of this work has been done
from her website and FB page! I have literally
followed Vicki's plan over the internet and
IT WORKS!

I found Vicki through a friend who had
followed her bikini booster plan with great
results. I had tried so many diets and that's
where I was going wrong. I didn't need a diet
I needed a lifestyle and mindset change- and
that's exactly what I have got! I exercise
everyday following Vicki's programmes all
from my own home and eat fantastic food.
All of this is done with the amazing support of
Vicki and her tribe!

My posture, confidence, back pain,
mindset has taken a complete overhaul
and I can not see me going back!

If you are in doubt about following Vicki's plan-
stop the doubting!! Look at the results!
It's a brilliant programme and I highly
recommend it!

