



Testimonials

I've been a regular participant at Henry's fit camp classes in Langton Green for several years. I've tried other diets in the past without success so started Henry's eating plan with an open mind. In summary I would like to thank Henry for introducing me to his diet and exercise plan, and showing me the way to losing 2 stones in just 10 weeks. But the best news for me is that I now have the knowledge and confidence to maintain a decent weight into old age. Thanks again, Henry.

Kevin Wright Speldhurst, Tunbridge Wells



Henry Adekoya combines a number of great skills to make the ideal trainer. He knows the science behind fitness training very well indeed. I have lost 3 stone since I started with Henry and I would recommend him to anyone who was looking to get fit or lose weight. Henry provides an excellent service which is great value for money.

Tim Reid Mayfield East Sussex



I started training with Henry in April this year (2015), as my weight had soared from a poor diet and years of inactivity. Henry introduced me to his 10 week diet and exercise plan so I could lose weight and increase my fitness. I was very determined to succeed and with Henry's expert guidance, after just a week my weight started to fall. With weekly sessions of varied strength & endurance and cardio fitness exercises, and sticking strictly to my diet plan after 4 weeks I had lost almost a stone! Full of motivation his weekly weigh day kept me focused, and Henry's PT sessions increased in intensity to complement my new levels of fitness. 10 weeks on I have lost a whopping 30 pounds (2st 2lbs). I've dropped 2 dress sizes and I'm very pleased with my new physique and fitness levels.

I would recommend Henry's diet and exercise plan to anyone wishing to lose weight and improve their health and fitness.

Julie Spence Wadhurst East Sussex



Before I began training with Henry my weight had been piling on slowly. A hectic job in the city and a busy social life meant that there was little time left in my schedule for going to the gym. When I tipped the scales at over 15 ½ stone, I knew I had to take action! Henry devised a training programme for me to burn off my excess fat. I knew I had a weekly weigh in, and I wanted to lose weight every week, so I quickly made training part of my life. It did require effort, but the buzz I got out of training and losing weight every week was well worth the effort! Henry gave me helpful tips about healthy eating and drinking, and I soon realised that by making small changes to my food choices, I could accelerate my weight loss further. His advice and encouragement was invaluable. Less than a year after first meeting Henry, I was 3 stone lighter. My fitness and energy levels have soared, and I feel fantastic. I recently completed the London marathon in 3hrs 30 – something that I could never have done as my old 'fat' self at 15 ½ stone!

Stefan Stone, Sevenoaks Kent



Henry started me off with some sessions to ease me into training and after about 6 weeks I had made good progress. Henry advised me on nutrition to help me maintain a healthy weight and after about 6 weeks I had lost over a stone plus my weight was still falling.

The variety and structure of exercises made the sessions with Henry interesting which kept me focused, improving muscular strength / endurance and my aerobic capacity in the way of sports drills. 12 months on I am over 3 stone lighter, my energy levels have rocketed and I feel amazing!

Since working with Henry I'm motivated and have the knowledge to exercise by myself. I completed the 3 peaks challenge in record time and I've run the London marathon, competed in various triathlons and I've just completed my first Iron Man in 13 hrs 24 mins, Something I never would have considered just a few years ago.

Tim Godfrey, Tunbridge Wells Kent



I found out from a friend about Revive Health Fitness and felt it was just what I needed although felt an incredible amount of apprehension due to being extremely unfit, feeling sluggish and achy and unsure as to whether I would manage the programme. What an amazing adventure!

I have to say the hospitality staff have been amazing, I have laughed a lot made fantastic friends and had the most incredibly professional kind and encouraging trainers. I feel alive! and motivated to move on and change my whole approach to eating and exercising and feel really excited about the prospect of changing habits that had become damaging and limiting in my ability to enjoy life.

Thank you so much Henry, what a truly inspiring trainer.

Sally Carroll, Hawkhurst



At the end of August I moved back from Norwich to live at home before I go travelling for 6 months in April. 6 years of partying had taken its toll and I had gotten into some terrible food (and wine!) habits. I was unfit, unhappy with my appearance and dreaded the thought of trekking around hot countries in the shape I was in. I decided to follow Henry's 10 week plan because I hoped it would get me results, fast - and I was not disappointed!

It sounds like a cliché but I really do feel tonnes better, both mentally and physically. I lost 26 lbs in total and I am wearing clothes I haven't worn since my first year of university. My skin looks better, I have more energy and my attitude towards eating and drinking has improved too.

The best thing about the plan was how easy it was to follow - I never felt like I couldn't eat when I was hungry and I feel confident I can continue with Henry's food and exercise regime until I reach my goal weight, even now the official plan has ended.

Lucy Reid, Mayfield East Sussex



After moving jobs 6 years ago my fitness has taken a real tumble. I always thought I would get back to some kind of training but work commitments always got in the way. With high blood pressure and being overweight I was unhappy with the way I looked and felt. A friend recommended Henry and after a lengthy conversation, Henry devised ways to improve my health. I started his 10 week diet and exercise plan to increase my fitness and reduce my weight. Henry provided a personal program to suit my fitness levels which he guided me through. Week by week I was losing weight and by week 4 I was 18 lbs lighter. With my fitness levels increasing my workouts increased in intensity to compliment my new levels of fitness. 10 weeks on I am sleeping better my blood pressure is normal and I am a whopping 35 lbs lighter (2 and a half stone). Henry is a great trainer and would recommend his training methods to anyone wishing to lose weight and get in shape.

Shaun Marklew Langton Green Tunbridge Wells