



Before

After

**Testimonial from: Soraya Te Iringa
(Fulltime working mother of two children)**

In February 2015 I found myself at the biggest I had ever been, weighing around 115kg, all my clothes were too tight, I would sit in ways that would try and hide my tummy and I was really depressed about my self image to the point that I was making excuses not to go anywhere.

I have been doing the Activ8 Boot camps since the start of 2016, since February 2015-June 2016 I have dropped over 36kgs, I am getting close to my goal weight which is exciting. I don't hide away anymore and have found a new love for clothes shopping and getting active, I have completed a few runs like the Wild Kiwi in April 2016 that I would have never thought I could do/achieve and I have taken the whole foods approach to eating. I highly recommend the team at Activ8 and the culture they have created towards health and fitness in Whangarei.

I realise that this is a way of life, not a short term fix/fad, that I wouldn't have been able to achieve this without the support of my whanau/family, friends, work colleagues, the various gyms I have attended and the Activ8 team. I am a huge supporter of challenging and change, keep mixing things up, keep researching and share what you have learnt with others trying to achieve their goals. This isn't just a one size fits all when it comes to health, fitness and wellbeing or a secret but a life long journey to self fulfilment and happiness.