

# Dylan's ad

Dear friends, as many of you know [and for those who don't] I'm Dylan O'Hagan a licensed PT. I have been in the gym myself now for almost 9 years, but enough about me, this is about ***you !***

Consistency. It's a hard skill to learn but a vital one because this is where change happens.

***I can help.***

This time we will change your body in a matter of weeks and this is because I will not tell you to eat only chicken and rice and train 6x a week.

NO!

By setting realistic and manageable goals you'll not even realise you are on a diet, and from creating workouts that you actually enjoy and not just ***'going through the motions'***

So do you take this opportunity to change, *or* do you return to your old habits and forever regret not trying to accomplish your goals.

If you want to make the right choice, DM me and we can get started immediately !