



*Here's what a few people have to say about Active Red...*

*Dr Andrew Churchyard, Consultant Neurologist, MBBS, PhD FRACP*

*Department of Neurology, Monash Medical Centre, Clayton.*

Darryl has worked with me as a colleague since 2007 and regularly attends neuro-rehabilitation clinics for young adults with severe and disabling neurodegenerative diseases which I run.

In addition to participating in the clinics he sees a number of my patients with various neurological diseases privately as a personal trainer supervising an ongoing exercise program essential to the maintenance of their physical health. These programs are designed after consulting with me and physiotherapists at my clinics and are tailored to the specific needs of the individual client. He has a very good understanding of the dynamics of movement and motor function.

I have found Darryl to be very helpful to my patients and to have improved the mental and physical health of many. He has always conducted himself in a very professional, discrete and respectful manner towards patients, myself and other professionals.

I have no hesitation in recommending him both personally and professionally.

*Victoria Mitchell, Professional / 2008 Olympic Athlete*

*Steeplechase*

Through his genuine interest and enthusiasm for my progress, Darryl has renewed my confidence in my athletic ability and restored my positive outlook. I believe his training will be invaluable to my future success.

Darryl is a true professional

*Danica Hendry, Professional Dancer*

*The Phantom of the Opera 2007/08*

Darryl was my personal trainer during the Melbourne season of “The Phantom of the Opera”. My training sessions with him were challenging, I was pushed to physical limits in all areas of my fitness though I always came out of them with a feeling of achievement. Darryl is motivating and supportive. He offered helpful advice on nutrition and exercise. Additionally he gave me tailored workout programs designed to complement and improve my dancing.

Having him as a personal trainer encouraged me to push myself harder in my own work outs and gave me focus and direction I would not otherwise have had.

As a result of this I have come out a much stronger dancer with a better understanding of my body and its capabilities. As well as gaining strength and overall fitness I have eliminated injury and now have a large range of exercises to maintain this.

*Eliza Hull, Singer / Student*

*Describe Eliza*

This is my personal testimony, stating how valuable I feel Darryl is as a personal trainer.

I have been training with him for four months now and have had so much progress already. I suffer from a neurological disorder known as Charcot Marie Tooth Disorder, which affects my arms, hands and legs. I was recommended to Darryl through my neurologist Andrew Churchyard.

Darryl has been committed to giving me the confidence to not let my disability get in the way of my life.

He has already given me the confidence to start walking up stairs without using the rail, and has made me realize that a lot of my problem comes from my mental blocks or psychological barriers.

He has made me realize how important diet and rest is to your wellbeing and has taught me how powerful your mind can actually be.

We have been working on strengthening my legs and arms, and my core.

We train twice a week and I have definitely noticed the difference it has given to my life, not only do I feel like I have more energy and strength but I feel an overall sense of health.

Darryl is a trainer that works with you to reach your goals; he has a kind heart and is dedicated to his work. He has given more to my life already, than I am sure he even realizes.

*Wendy Lilley, Accounts Director*

*Pixel Group*

Keeping fitness is really important to me and I've been training at gyms for years, doing a mix of cardio and weights.

I thought I used to push myself until I started personal training with Darryl. He pushes me beyond the fitness level I think I'm capable of through kickboxing, cardio drills and weight sessions.

I took up personal training with Darryl over 3 years ago and I have noticed a significant improvement in my core strength and overall fitness. The sessions are varied and I never get bored. And just when you think you're getting good at something, he lifts the anti - which is the main reason why I keep going back for more!

*Pearl Irwin-Rodd, Management*

*Richmond Secondhand Building Materials P/L*

I have been training with Darryl on a weekly basis for just over two years now. The main reason I decided to see a personal trainer was for weight loss but I'm now focusing on general fitness and strength. Darryl has always been very dedicated when working with me and has kept me motivated throughout the entire process. During the first eight months I lost about 15kg, dropped two dress sizes, lost almost 10 inches from around my waist; I would never have done this without him! And more importantly he has helped me maintain these results.

The reason that I have continued seeing Darryl for so long is because I like the way that he focus's on my core strength and the fact he is very stringent when it comes to posture and correct procedure for exercise and weight training. With the exception of few sore muscles after a hard session I have never had any injuries or back pain with Darryl, I believe this is due to his emphasis on correct technique.

I have recently been able to dead lift 70kg due to his methods; this is more than my body weight and something that I am very proud of. I have also found a love for boxing which when we started is something I never thought I would do.

Darryl is extremely knowledgeable when it comes to health and fitness and I find him to be a great motivator.

I will continue to work with Darryl and highly recommend him to achieve a range of fitness goals.

*... not bad huh?*