



Working with Graham Healy is the best thing I have ever done for my health!

I was diagnosed with scheurmann's disease when I was 19 and due to this have had ongoing pain & stiffness in my back ever since. I began to work with Graham to improve my general fitness, strength and posture.

Following Graham's initial assessment of my state of health, we developed an eating, exercise and supplement plan that I am still following with ease.

The best thing about Graham's training techniques is that they are very easy to understand and he explains them in a way that anyone can understand

I am fitter, stronger and have more flexibility than I have had since I was 17. My core strength is improving and the aches, pains and stiffness I was suffering from have eased. My posture is improving, and I thoroughly enjoy working with Graham every week.

Graham is incredibly knowledgeable about health and fitness and is a great motivator. I highly recommend working with him if you are ready to achieve your fitness goals.

Grahams comment:

Scheuermanns disease is self-limiting skeletal disorder of childhood , my consultant chiropractor said that Dave's case was the worst he had ever seen , however , after careful analysis of Daves problem we spend about 6 to 10 weeks carefully re-stretching and reconstructing the areas of concern , now Dave has about 80 to 90% full use of his back, hamstrings and associated muscles from my programme .

Dave is one of over 200 'so called' impossible cases that all other system has 'given up on' .Dave is a current 2011 member of Movements Fitness .

-regards Graham Healy
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