

RICHARD'S STORY

BY RICHARD DOYLE

I had just turned 70, loved walking but had terrible lower back pain and had to try and stretch my back every 200 yards.

One day whilst walking I had to sit down as the pain was so severe, this was in the middle of a field. To stand up I had to roll onto my hands and knees, it was a struggle; that's when I thought 'I'm too young to be an old man.'

I was given the contact details of Mike Hutt (Well.Fit); **two weeks later my back pain had gone**, a year later **I was 35lb (16 kg) lighter**. I could walk over Moel Famau to Moel Arthur and back, 20 kilometres, pain free.

I am now fitter than any time in the last 30 years, still drinking like a fish three nights a week, enjoy nearly every training session and have met a wonderful group of like minded people that I train with on Sunday mornings.

I would strongly recommend the services of Mike Hutt and Well.Fit to anybody that wants to stay fit or get fit.

Richard Doyle, 2022

Right: Richard, 2022. Pain free, 16kg/35lb lighter and definitely able to move better than when he was 40!



“70 is too young to be an old man.”



Above Richard, pre 2020, before his Well.Fit journey.

