LAUREN’S RESULTS:  
I absolutely love Han's online fitness challenges. I'm a busy mum of 3 girls under 4 and work part time, so life is hectic. I have always struggled with my weight and been conscious of it, particularly after having my 3 children! My life wasn’t healthy and something needed to change! I was 98kg when I started my first challenge and now I’m 65kg, and I feel fit and strong!!

I heard about Han's online fitness training and enrolled. The first week killed me, I could hardly move and everything hurt! But by week 2, I could see I was progress. And then by the end of it, wow, my fitness had improved dramatically,

I felt so good and I had a whole new perspective on my new healthy regime. I am now back to my pre baby weight, the first time in 4 years and my lifestyle has changed completely. I always do Han's challenges in the winter to keep me on track. I highly recommend this online fitness programme to anyone AND at any fitness level.