TASH'S RESULTS:   
Before Han Romano's fitness challenge the most exercise I had done in over 10 years or more was going for a fast walk (if that!) and now I’m on my third programme with Coach Han Romano.   
  
  
On Facebook I saw Han Romano's page and a cousin had done the exercise programme so after chatting with her I decided to give it a go. I work full time and have a child so fitting exercise in has always been a challenge. I love Han Romano's programmes so much variety and most of the exercises are completed within 30 minutes which is very manageable within my family life.

It doesn’t matter what fitness level you are at as you are working to your own capabilities, and being part of a group makes you accountable and encourages you to keep going. Coach Han is very supportive and had a great way of delivering the exercises so it’s easy to understand. I love the video updates and she keeps it real.   
I feel fitter and stronger, the more I exercise the more I feel I am able to do.   
My body shape has changed going down a couple of dress sizes, I look forward to exercising now, and my attitude towards exercising has changed for the better.   
I highly recommend the programme it has been life changing for me!!

ROSS’S RESULTS:

Having been in and around sport my whole life (40) I’ve always had a pretty decent grasp of what you need to do to be healthy and happy. That said it doesn't mean I would do it...I signed up for a 12 Week challenge with Han looking for some motivation, well I got that and A LOT more!!  
  
Basically my own personal trainer for months on end for the same price as one session down the gym! The workouts were so easy to follow, simple and best of all quick! Not only that but I’'ve still got them all "on file" to dig and out and use whenever I want. What she created was a fun enjoyable and most importunity consistent plan for me to follow with help and accountability along the way.   
  
In the 12 weeks I spent with Han I lost 20kgs that I have been carrying for around far too long. If you want a quick fix "snake oil" crash diet, fake pill or something similar then this isn't the place for you. If you want achievable easy to follow lifestyle and fitness "tweaks" that you can use for the rest of your life then jump on board...I guarantee you'll be jumping off healthier and happier

CATHERINE RESULTS:   
  
Han Romano’s programs will kick your butt into shape in NO time!   
I have tried gym programs, Grit workouts, yoga, pilates and cardio and have never seen results like it!   
There is method to Han Romano's madness, always entertaining, educational and challenging.   
You’re only competing against yourself and the workouts are so efficient! I travel regularly for work and we can fit these workouts into any hotel room.   
  
If you want to make changes and maximise your fitness Han will get you there! No stress with finding a park, being on time, or keeping up with the person next to you.   
  
A total convert, thanks Han Romano!!

PAUL’S RESULTS:  
Han’s online programs have had a positive impact on our lives and suit our busy lifestyles including our teaching careers, tertiary study, sporting commitments and 4 energetic children under 8.

Han’s in depth knowledge in fitness programs, nutrition, exercise physiology, etc are equally matched by her ability to deliver it in such a way that she can cater for the beginner as well as the more elite/experienced athlete.

I doubted my ability to maintain motivation with an online program but the daily communication via Facebook posts, videos or private messages has kept me on my toes. Being part of a group also creates motivation because we support each other as can share our thoughts, challenges, failures or successes with each other. You definitely do not feel alone.

Han is full of energy and her bubbly character is uplifting. She is honest, open and walks the talk. Knowing that she is going through the program with us means that she believes in the process. I’m almost at the end of my second 10 week program and I can see the difference in my photos, body shape, the way my clothes fit but more importantly is that I am physically fitter, healthier and more confident.

I train 5 times a week and have better eating habits. And a huge bonus is that we are role modelling the behaviour that we want our children to develop.

STEPH'S RESULTS:   
I have completed Han Romano’s 10 week challenge twice and it is EPIC!   
What I love about the challenge is the fact it is achievable! Before the challenge I was struggling to find time for myself being a mum to a busy toddler and a 5month old I was struggling to find the motivation to do more then walk and a couple of gym sessions a week (if that). I really needed a challenge and guidance and that was exactly what Han Romano gave me!   
  
I could go at my own pace, complete each workout when I wanted (or when the baby slept) and where I wanted. I was pushed out of my comfort zone and I loved it and it didn’t take more then 20 minutes.   
  
The online community was great, we could support each other and I used it as a motivator. I achieved great results both mentally and physically. I’ve lost 24.5cm and gained a lot of strength, stamina, agility, healthy habits and confidence after having a baby but also helped prepare me for netball. The best thing about this challenge for me was that it was achievable and I feel fantastic, I couldn’t recommend it enough!

SHELLEY’S RESULTS:

I’ve loved the challenge as it’s given me the confidence to get back into fitness after two back surgeries!! I love the feeling I get after doing a workout; and seeing my progress throughout the ten weeks makes it all worthwhile.

I have a healthier lifestyle; my sleep has improved remarkably, more energy and can concentrate a lot more at work too.

The fact that the workouts are only short, with a maximum of 20 minutes, works in really well for our family too. I have lost a number of centimetres and gain a lot of strength.  
  
Han’s regular live chats and videos are great, she keeps it fun, interesting and always learning.