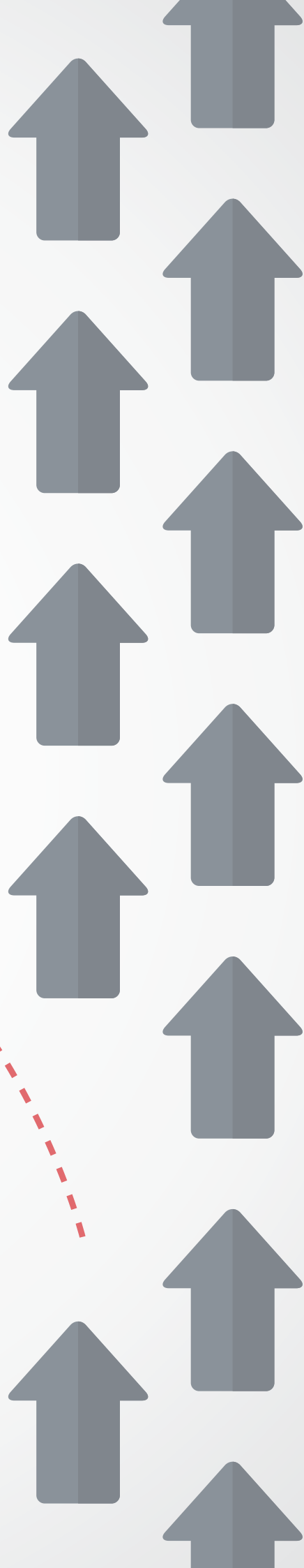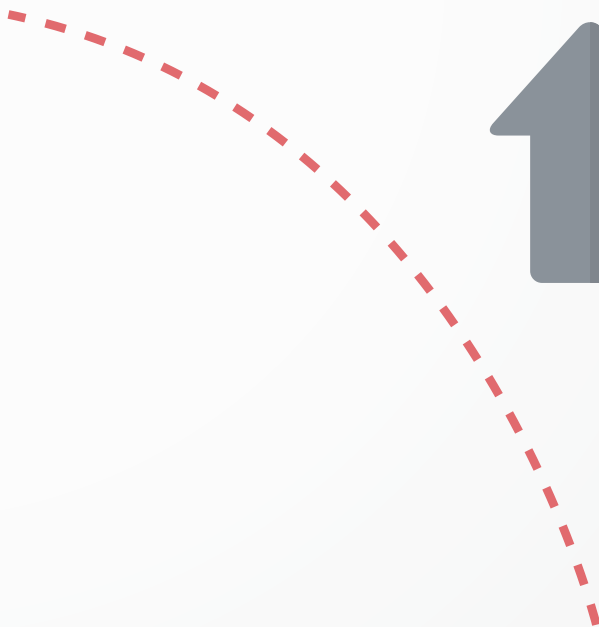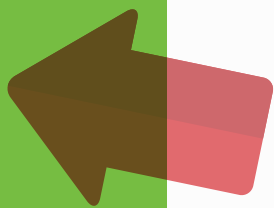# BODYSHOT PERFORMANCE®

Client Story

Client:

Lou Hemming

Lou is an Industry Manager at a global internet company. Lou came to us in the summer of 2018 suffering from chronic insomnia, low energy and poor mental health. We worked with her over the course of a few months and together achieved some amazing results. This is Lou's story.

01

Tired and frustrated

Before working with Leanne at Bodyshot I had very bad insomnia and would often go for day without sleeping properly, this affected everything from my concentration to my mental health and energy levels. I had tried many things before but not much seemed to work.

Why Bodyshot

I found Bodyshot via another podcast mentioned in The Guardian and their proposition for me made sense: base your diet, exercise plan and general wellbeing on known facts and scientific data rather than guesswork and opinion. Knowing that this was going to be completely bespoke to my own unique set of circumstances made my decision easy. The Brain | Body | Reboot Program is an individually tailored approach rather than one size fits all, which is exactly what I was looking for.

> The Bodyshot business is very professional and well run, you get a real sense that there's a vision and a plan in place for long term growth and that reflects in the way they treat and talk to their customers.

My experience

My experience has been really good. Leanne is very focused, encouraging and understanding. Another point to mention is that the Bodyshot business is very professional and well run, you get a real sense that there's a vision and a plan in place for long term growth and that reflects in the way they treat and talk to their customers.

Knowing that this was going to be completely bespoke to my own unique set of circumstances made my decision easy...
I've got my life back.

"

Transformational results

04

I feel transformed! I sleep very well most nights and the quality of my sleep is generally very good now, as are my energy levels. It's been a very worthwhile journey. The biggest change for me has been better quality sleep: you cannot underestimate what a good nights' sleep can do for you, I've got my life back.

BODYSHOT
PERFORMANCE®