

Hi Cecily

Trust you are doing well.

Just a short note to inform you that investing in your exercised program was the best money I spend so far. I use to be in constant pain on a daily basis. I saw a Chiro for 6 months only to just relieve my discomfort.

I had 2 sessions with you and my goodness. My life is different as I do your exercise program that is loaded on my computer and it forces me to take breaks. The best is that your exercise take seconds to do. What a perfect concept.

I re-did my kitchen. My son took off the old cupboards and tiles. I have been so active doing hard labour ...and guess what, still no pain. This was the biggest test and you passed with flying colours. I will certainly promote your programme to anyone willing to listen.

Thank you kindly

Francesca Meyer
Account Executive | SABC Radio Agency Sales | Western Cape

I feel that the exercises from Cecily's program made a massive positive difference to my overall well-being and productivity and that it also made a lasting impact and impression on my approach to my daily routine at work. I found that my joints and muscles tend to get sore and tight very quickly by sitting incorrectly in front of the computer for long hours each day and I did not realise the level of harm that I'm doing to myself by not giving any attention to this. This became my reality and I quickly discovered that as a result of this I experienced a draining effect on my energy levels and overall productivity. I was very surprised to see how effective these exercises are in their simplicity and the illustrations made it very easy to understand what I have to do. I experienced a massive relief from strain in my neck and lower back by strengthening my posture which also helped with my concentration at the end. Furthermore I have discovered that these exercises must become a daily part of my routine because the stressful nature of my work tends to tighten up my muscles very quickly. The program definitely had a positive impact on me and I could feel the difference in my body from the start and that the more I focussed on doing these exercises properly the more effective the results towards my energy levels. I also experienced that the discomfort and pain return to my body when I tried to push through a day's work without giving proper attention to the exercises.

Overall, these exercises made a profound difference to my physical health and energy in specifically releasing stress in my neck and back and that it furthermore helped me enhance my mental energy and concentration levels.

Barry Vorster, Graphic Designer, Die Burger, Media24

I woke up with pain in my right shoulder, went to work on Friday with the same pain. On Monday, contacted Cecily Smith for Physiotherapy. It was found that the injury was not in my shoulder, but in my neck. She loaded Bodyhealth Software on my PC. I did the exercises every 30 minutes which really helped me a lot. After a few days I had no pain at all. I would recommend that companies use BodyHealth Software. I am sure that sick leave will decrease at companies.

Regards,
Amanda Meyer
SABC, Logistical Services
