

*FT-UK*

The Balanced Way

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Re: Testimonial for Linda Thursby

On Sunday 4<sup>th</sup> March 2007 I ran my first Marathon. I decided to book myself for a Sports Massage with Linda on the weeks running up to the event and also on the morning immediately after.

As I am writing this testimonial it is two days since I ran the Marathon and I feel fantastic. It is very unusual to recover so quickly from running such a distance. I also ran three miles this morning and my legs felt really fresh and light and still do.

The brilliant treatment that Linda has given me over the past few weeks has definitely had a big part to play in my body feeling great to run on Sunday and the amazing recovery I have experienced over the past two days.

Thank you Linda.



Lisa Symonds  
Personal Health and Fitness Trainer