

Client Testimonials



the **Wellbeing** Manager

Client Testimonials for the Wellbeing Manager

“Paul is one of the most Knowledgeable people in health and fitness.”

Mel Goldberg
Celebrity Sports Lawyer

“Paul’s expertise in Health and Fitness is World Class.”

Michelle Wright
Movie Executive

“Paul’s skills in exercise prescription are of the highest Calibre.”

Glen Lindsay MCSP MACP SRP
British Olympic and Jordan F1 Physiotherapist

“Introducing Paul Stephen Lubicz, The Sunday Times Fitness Guru.”

The Sunday Times

“If we need to know anything about health or fitness, Paul Stephen Lubicz is the first person we call.”

Julian Linley, Editor

“Paul Stephen Lubicz is a trainer at the top of his field. Always one step ahead, Paul delivers to his clients what he promises.

Paul is different to other trainers of the stars, he is well educated, highly experienced and his passion keeps him searching for new realms of fitness to deliver the ultimate training program.”

Richard Boyde
Personal Training on the Net
The worlds No1 online education resource

“Paul has done wonders for my posture. Paul’s knowledge of the human body is astounding.”

Simon Pollock
Vice President, Managing Director, Europe & Asia
A&E Television Networks

Continued

“Working with Paul prior to filming on Everest was a joy. His holistic approach meant that I've finally changed some habits of a lifetime.”

Jon Finn
Film Producer

“There is no way on earth I would have managed climbing to base camp and beyond without Paul's help.”

Stephen Daldry
Director

“Paul is dynamic and motivational. He is always up to speed on the latest exercise developments which results in his programmes always being fresh and innovative. His energy is infectious!”

Simon Prytherch
Fundraising Director; Elton John AIDS Foundation

“Paul literally changed my life. From an overweight, unfit and unfocussed person who drank far too much he pushed me to new goals and encouraged me to achieving the best I have ever felt. Fitness and nutrition are now a major but balanced part of my life.”

Josh Rafter

“Paul is a great supporter of Action on Addiction, and an ideal spokesperson for our Sport Against Addiction campaign, which aims to raise awareness of the benefits of sport in preventing and treating addictions.”

Action on Addiction

“Paul’s complete approach to managing your life style is Absolutely Amazing!!”

Mohieb Dahabieh
Fashion Consultant

“Paul is a skilled, knowledgeable and entertaining presenter.”

Penny Hunking,
RD, ASD, RPHNutr,
Leading Dietician
Managing Director of Energise Nutrition