

Well done Jim ! Nov 2016

Congratulations goes to Jim one of our regular riders.
Here is what getting on a bike can do for your health.
We appreciate you sharing your story Jim. Keep up the GREAT work !!!

'On the 19th March 2015, I bought a bike at Cash Convertors.



*Since then I have lost 50 kilos and I feel **GREAT** !
Along the way my mum helped me with lot's of patience and friendly coaxing.
I ride 4-5 days a week and I take part in the Cycle Salisbury rides...and I am loving it.*



I cut ice-cream, sugar and sweets out of my diet and instead I am having lots of soups and proteins. I also ride my exercise bike and watch Michelle Bridges on TV and she is very encouraging.

If I can do it...YOU CAN TOO !

I started at 131 kilos and I am now 81 kilos – a loss of 50 kilos....thanks to my Mum and Cycling.

