

# MACHINES

new technology available in Franklin



Lloyd Shaw, developer of the Vibra-Train system

it unethical as all the half decent results to date had been done on steel machines. The entire company shifted from researching and striving for something, to purely being profit driven at any cost almost overnight.

"To cut a long story short, I left that company in disgust and set up the company Vibra-Train with my business partner Judith Shorrock, who was newly involved in the industry herself. We took my steel designs and set up production in Otahuhu. We were told on no uncertain terms that it was an idiotic move not going to China and we would fail to compete in the open market. What happened next was predictable for everybody with any common sense. All the machines built in China broke down and not only did Vibra-Train's keep going and going and going, but got better, leading to faster results than we had ever seen before. Vibra-Train machines are now working hard in Australia, the UK and soon to be in the US. "We now have "NOT MADE IN CHINA" on all our machines as an industry joke." ■

## I Was The Biggest I Had Ever Been, I Felt Like A Prop Forward! Goal: I Wanted To Lose 30kg!



Look out! Here comes fit and healthy Kesta at 70kg

Kesta Dennison from Pukekohe made the decision to turn her life around – and achieved it. She took command of her life and health a year and a half ago, put in the effort and came out on top – and 30kg lighter.

Kesta's story: It was Tuesday the 1st of April 2008. I had just turned 29 and thought about what I had wanted to achieve before I turned 30 and I was nowhere near it! So I thought to myself, "I am the one in control of my life so hurry up and get in control of it!" So I did.

I guess it was the usual story. I was in a rut - same thing, different day, just getting on with life. I was overweight, unhealthy and unfit. I had a great job but wasn't that motivated about life in general. I was 100kg, the biggest I had ever been, I felt like a prop forward! I wanted to lose 30kg.

I knew that to lose the weight my input had to be less than my output! So I joined a gym that was on the way home from work. I had been to gyms before but this time I was terrified. I was the biggest I had ever been and felt completely unattractive and not the "Olivia Newton John let's get physical look." I love leg warmers and the 80s were a great era. But a 'fat chick' in leg warmers - not a good look!

The gym crew were awesome. They made me feel welcome. For some reason I thought I would be the only 'fat chick' there. I was put at ease when I saw a vast range of people, all different shapes

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