

## **Recommendation from Michael Harth**

*Client of Cameron Tricky*

I strongly recommend Coach Cam/ BILTBYCAM as both a personal trainer, nutritional adviser and coach. I am in my late fifties (quickly approaching 60) and while I did the usual things like jogging, walking and riding my bike, I was starting to feel stiffer, weak in my core and was finding myself getting fairly low on energy. I tried to get in shape myself but it was not working so approximately 4 months ago, I decided to change my strategy and hired Cam based upon a strong recommendation from my friend. My intent was to try and work on muscle growth and strength along with physical endurance.

Working with Cam has been a total game changer for me! I have increased my overall strength by at least 30% while noticing an improved physical confidence and less tightness in my body. Perhaps best of all, Cam has successfully help me achieve these results while avoiding any new injuries or setbacks. Even the occasional back pain that I was experiencing has subsided since I started working out.

Cam constantly alters the daily workout regimen to maximize development and prevent repetitive muscle injuries. When I am traveling on business, I continue to use Cam's services, remotely, via his well-planned online program and he's consistently only a phone call away for advice or consult. I have come to believe Cam is truly interested in my physical and mental well-being via his friendly personal attention to detail and expert reflection to whatever personal challenges I may have with his program.

If you are thinking of working out and need a personal trainer / coach, I can confidently say, Cam's the best there is!!!