

Shane Wood



Via Australia

As a personal trainer, competitive boxer and competitive bodybuilder I am always researching advances in training and nutrition to give myself and my clients every available advantage.

I work long hours, early starts and late finishes and maintain a vigorous training schedule, sometimes training twice a day. It is vital for me to maintain a sustained energy level and rapid recovery through a combination of excellent nutrition, recovery and supplementation.

When I heard about ViaViente I was a little sceptical as in my many years in the health and fitness industry I have heard every claim under the sun. However, I like to experiment with different products to see how they effect my health and performance. One thing I was particularly interested in was Via's claim of being an excellent anti-inflammatory that would also reduce arthritis pain. I suffered a bad knee injury during my third boxing fight that required a major reconstruction and 14 months of rehabilitation, 5 of those spent in a full leg brace 24 hours a day unable to move my leg at all. I have an excellent diet that borders on obsessive compulsive to assist recovery, control my body weight and help alleviate my joint pain, yet I still suffered from aches and pains in my knee after a big training session. So I gave Via a try for three months.

Since I have been taking Via, my performance level has increased substantially, I feel great every day and recover faster from my hard training sessions. Via has provided a positive impact on my overall health and performance. Most importantly for me though, my knee has never felt better. I have changed nothing in my diet, supplement or training schedule so it can only be one thing, Via.

I will continue to take Via religiously and strongly recommend it to anyone who wants to look and feel better.

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