

## Testimonials

I started the Murphy (METs) Programme in March 2012. This was 14 months after my mastectomy. In less than four months I find the change in my physical and mental well-being is remarkable. My physical energy is fully restored and my psychological outlook is positive and upbeat. This transformation is without doubt due to this programme...I had never 'done' weights before. The resistance programme has improved greatly my range of motion and my upper body strength. Again Marie's professionalism helped to make me feel secure and safe and gave me confidence in carrying out this programme.

-- **Mary Lineen**

It is certainly true that once you discover the joy of exercise and the feeling of wellbeing, both mentally and physically you don't want to give it up and that's exactly what happened to me. I have made some good friends through the programme and after our walk on a Saturday we go for some light refreshments and a chat. Marie's belief, passion and enthusiasm for what she does is infectious. I would highly recommend anyone who is interested in getting fit to try the programme and I guarantee that you will not regret it.

-- **Helen Doyle**

I joined the Murphy (METs) Programme in March 2011. This walking programme has changed my life as I have achieved a fitness level I never thought possible. I am a much happier person as I have lost a lot of weight and shaped up through the huge benefits of the Resistance Programme. The lymphedema in my surgery arm is now under control.

-- **Sheila Griffin**

I believe the Murphy (METs) Programme is a step further into the recovery of patients that suffer from cancer, where exercise has shown benefits. There is plenty of literature to confirm this is true for Breast and Colon cancers. What is more important? One factor that cannot be corrected with medication is the "Feel good" factor. The confidence in oneself that is lost when a cancer diagnoses is given; the loss of control. Exercise, and going beyond what one thought was the limit gives back this confidence.

-- **Constantino Fiuza Castineira, Consultant Surgeon**

I started attending Marie's METs programme in March 2011 following several surgeries and other treatments for breast cancer from which I had many lingering and some severe side effects. Marie's programme has made a huge difference and I now have a much better quality of life. I have no hesitation in recommending Marie whether you are recovering from serious illness or just want to maximise your health.

-- **Trudy Doyle**

My biggest achievement, thanks to the programme, is the fact that I can lift my children again! They are 6 and 5. The delight on their faces that I could give them a cuddle while standing was breathtaking.

-- **Joanne Raftery**

This course has been a blessing; meeting people in the same situation, getting support and understanding. The encouragement we gave each other. It has changed my life for the better.

-- **Cathy McCarthy**

With grateful thanks to Marie, three years on this programme is now part of my weekly routine. I believe it to be the essential medicine necessary for the prevention of illness and for prevention of recurrence of illness.

-- **Mary Adams**

Marie Murphy  
Consultant Exercise & Nutrition Specialist  
Former Irish Olympian

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*Following surgery for colon cancer and follow up chemotherapy some five years ago, my level of physical fitness and strength deteriorated. Three years ago I joined the Marie Murphy Health and Fitness programme. As a result my aerobic fitness returned to pre-illness level and my strength has greatly improved. My overall well-being has been enhanced. I unreservedly recommend the programme.*

-- Michael Sheehan, Sutton, Dublin

*Prior to starting the walking programme, I walked at a much slower pace and any 'incline' left me breathless and tired. Today I spent 90 minutes walking the cliffs of Howth with no adverse effects. The weights programme has made a big difference also. After my treatment, I had lymphedema and the affected arm was much weaker. Now I can carry my shopping in comfort. I can visit my grandchild in London (without any need of assistance with my luggage) and lift and carry him in comfort, happy in the knowledge that I am getting stronger as he grows bigger... I now feel I am in better shape mentally in dealing with it because I know that I can stay healthy and well by continuing with what I have learned from this brilliant programme.*

-- Bernadette McCaul'

*I cannot recommend Marie Murphy's fitness programme highly enough. Since starting I have noticed a huge difference in my overall fitness and energy levels. Marie makes her classes so welcoming and personal she is truly a very lovely lady'*

-- Angela Brandt - colon cancer survivor

*I sought Marie out because I needed to regain my fitness level, having become sedentary over the past couple of years. Through her training I went from being completely sedentary in June 2002, to finishing the Dublin City Marathon in October 2002.*

-- Catherine Carpenter, Ph.D., M.P.H. - Assistant Professor of Medicine, UCLA

*I have worked with Marie Murphy as a personal trainer for close to a decade. During that period, she has taken me from a one to two mile runner to an enthusiastic marathoner with a well-rounded base of support activities, including track work, biomechanics and weight training. At the same time, she has helped me improve my nutrition and overall well-being. And all of this has been accomplished in a manner consistent with my schedule, which involves long work days and constant business travel.*

-- Penelope Foley, Managing Director, TCW

*Chicago was my first marathon, and Marie helped to make it a life changing experience. I hadn't run consistently in years, and with the Murphy (METs) Program I was ready to compete in 21 weeks. The training program was awesome and doesn't require running every day, like many others. I completed the marathon with no problems or injuries, and wasn't even sore after one day. It was such a great experience I decided to sign-up again and run the Dublin City Marathon this year. If I can do it anyone can, especially with a coach like Marie Murphy.*

-- Beth Medina, Program Director, Dress for Success

*I had the great fortune to be invited to a Health & Fitness programme run by marie in 2012. I'm so lucky to this day that I can still avail of her magical instruction and guidance. Through her unique style and encouragement I got back to fitness and undoubted better health. I hope she remains available to continue rendering a brilliant and most valuable service.*

--John McGlynn