

# Stephen Durant

*Training at the BAC has helped my family and myself become quicker, stronger and more flexible which in turn has helped us to become better athletes.*

**How has personal training helped you to be more successful?**

*Rich has worked extensively with me on core strength, speed, quickness, balance and flexibility. I play for the Boston Irish Wolfhounds Rugby Club and in my opinion he is solely responsible for allowing me to compete in over 45 rugby games this year versus players 15-20 years younger than me.*

**Would you recommend Rich to others?**

*Yes, I consider him the finest personal trainer I have ever met. My entire family, including my wife and four children have worked with Rich and enjoyed great results. This includes my oldest son who is 23 who continues to work with him and my 21 year old daughter and 14 year old son who have both built up core-strength, balance and quickness work with Rich.*

**Why would you recommend Rich to other members?**

*Well beyond his experience and his training, Rich has a unique ability to perceive what athletes need, listen to what they are requesting, and tailor a program that suits the dynamic tension that often exists between these goals. He is warm, caring and capable of making everyone from 9 to 90 years old feel like they want to work and perform their best.*

