

# Bev Hahn & Des Elliott?

## BIO



### WHO ARE THEY – THAT’S A GOOD QUESTION – WHERE DO WE START?

I am Bev and this is my partner Des and we are the proud owners of Active4less Uxbridge. We have been together for more than 23 years. I was introduced to Des back in 1989 through the sport of competitive bodybuilding. Des became my manager, coach, mentor, business partner and partner and through his coaching, support and guidance I went on to win 2 British Championships, 6 European Championships, a World Title and Miss

Universe together with many other titles to numerous to mention, in fact I have over 50 trophies and medals, gold rings and crystal cut vases taking pride of place in our living room that I won over a span of 12 years of competing. We live in South Bucks with our two cats Iggi and Anni. Besides the proud owners of Active4Less (formerly Flex Lifestyles) we also run a Martial Arts School Matt Fiddes and when we do get time off we enjoy relaxing at home and curling up with a good book, watching a movie, or out riding our bikes around the countryside, and of course trying to keep ourselves fit. I enjoy cooking and entertaining friends and family – and just ordinary things really



I am also the proud Mum of Kelly. Kelly is very successful in her own right; [Miss Kelly Marie \(MKM\)](#) is an acclaimed international DJ, radio host and vibrant performer and the driving force behind the brand ‘*High On Heels*’, She is also an accomplished Musician, song writer and producer and has a Black Belt 3<sup>rd</sup> Dan in Martial Arts, I am incredibly proud of her and what she has achieved,



It was shortly after Kelly was born that I decided to get into shape, you know the usual reasons, when you realise that having a baby takes its toll on the body. It was my best friend who initially dragged me down a gym in 1978 and it was here that I got my first taste of weight training; in fact, this was the first time I saw a body builder. I was totally fascinated, I was so impressed that someone could create and sculpt such an amazing physique by lifting weights with sheer hard work and dedication. That was it I was hooked within 6 months of hard training I had not only regained my body back but started to sculpt a new lean and more toned physique. Wow, I was addicted and never realised that it was going to change my life.

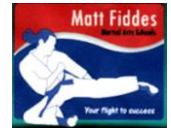




My career into the health and fitness industry started in the early 80's when I qualified as a fitness and personal trainer gaining experience by working in several fitness centres and health clubs over many years. I am a qualified Personal Trainer, Weight Lifting Coach, Nail Technician, Sports Masseur, Aromatherapist, and Dietician with many other strings to my bow!!

While all this was going on I was training for my first Body Building show which I was coerced into entering and to my surprise and utter amazement I won. Coming first in my first contest was a great feeling and spurred me to continue competing which went on for 12 years.

Des and I have been involved in coaching Professional Bodybuilders, Fitness Competitors and Athletes since the 80's and besides running our health clubs we also run a Martial Arts School concentrating on teaching kids life skills, anti-bullying, confidence, self-control and how to respect others.



I finally retired from competition in 1997 and our dream was to open our own Health & Fitness Club which we did in 1997 and our second in 1998, we then went on to our current club (formerly known as) Flex, in 2005 (which by the way happened to be one of the very first clubs I worked in all those years before) and have now re-branded it to Active4Less in March 2011

We are passionate about our business and the service that we offer, developing professional relationships with people and focusing on making sure that they are taken care of. We have trained coached and mentored hundreds of people to achieve their desired goals and have built a strong reputation for being passionate about wanting to help anyone realise their full potential with a desire to succeed. Whether this is to lose weight, get fit, develop their health and wellbeing, train to competition level, or build a successful business.



**“You can have everything in life you want, if you will just help other people get what they want”**

**Zig Zigler**



**Wishing you health & happiness Bev & Des**