

Totally  Toned
Personal Training

At 64 years of age, I was out of shape and overweight. I knew I had to do something but I wasn't sure quite what. I decided to join the (Seven Hills) Rec Center and start working out. I did this for a couple of months but was not having the success I was hoping for. I would see Mike around the gym training people, so I talked with him one day and decided I would try a personal trainer.

I have now been training with Mike and Kevin for the last 10 months. During that time, I lost 35 pounds, my pant size has gone from 44 to 36 (same size I wore in high school), and my strength and durability has at least doubled. While I consider that a great victory, the greatest difference is how I live my everyday life. The ease of standing up, bending down to pick something up, going up and down stairs, starting my lawnmower, standing up from a restaurant booth, and the list goes on...I can now do just about anything I want to do.

I am not saying that it is easy, because it is not. You do have to do the work and you do have to watch your diet. What I am saying is that they can provide you a personalized, safe, total body way to workout that is very effective, as well as sound diet advice. If you are willing to put in the work, you can have great results.

Jim W.
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