

Bernice W. Lost 8.6 Pounds and... Won Our 6-Week Challenge!

BERNICE W.

AGE 56, OFFICE MANAGER

Fairfield Fitness For Women Member SINCE SEPTEMBER 2017

Total pounds lost: 8.6 POUNDS

What was your main purpose for joining Fairfield Fitness For Women? Lose weight? Tone up? Get out of an emotional rut? Other?

THERE ARE MANY REASONS WHY I JOINED FAIRFIELD FITNESS FOR WOMEN. #1. THE CONVENIENCE OF THE LOCATION OF THE STUDIO AND HAVING TO BE HELD ACCOUNTABLE FOR MY SCHEDULED APPOINTMENTS WERE COMPELLING REASONS TO JOIN. #2. I ALSO THOUGHT IT WOULD HELP ME GET OUT OF AN EMOTIONAL RUT AFTER THE SEPARATION OF A SIGNIFICANT RELATIONSHIP. #3. I WANTED TO LOSE WEIGHT, TONE UP AND REDUCE MY OVERALL BODY FAT PERCENTAGE AND GET BACK TO A NORMAL, HEALTHY RANGE. #4. I WANTED TO STIMULATE BONE GROWTH THROUGH WEIGHT TRAINING BECAUSE I HAVE A MEDICAL HISTORY OF OSTEOPENIA.

AND...WHEN I RECEIVED THE FFFW POSTCARD OFFER FOR THE LITTLE BLACK DRESS CHALLENGE, I WALKED IN HOLDING MY OWN LITTLE BLACK DRESS THAT I WANTED TO FIT IN AGAIN. I SIGNED UP FOR THE 6-WEEK CHALLENGE...AND I WON!!

Did you achieve or exceed your goal? How does that make you feel?!

YES! I AM WRITING THIS AFTER COMPLETING (AND WINNING!) THE 6-WEEK CHALLENGE. I FEEL PLEASED AND PROUD OF THE AMOUNT OF WEIGHT I HAVE LOST SO FAR IN THIS SHORT TIMEFRAME, ESPECIALLY WHEN I THOUGHT I COULDN'T ANYMORE BECAUSE OF MENOPAUSE. THE DISCIPLINE OF THE PROGRAM TRULY WORKS. I FEEL STRONGER, SLIMMER AND MOTIVATED TO KEEP GOING. THE SCHEDULE WORKS FOR ME, AND I HAVE REGISTERED FOR ANOTHER 12 WEEKS WITH THE STUDIO WITH A TARGETED WEIGHT LOSS GOAL IN MIND.

How has your transformation affected your self-esteem, overall confidence, stress, happiness, outlook, other?

ONE AREA WHERE MY TRANSFORMATION HAS AFFECTED MY OVERALL CONFIDENCE IS WHEN I STAND UP AND SING KARAOKE. THE CARDIO INTERVAL TRAINING HAS IMPROVED MY LUNG CAPACITY TO THE POINT WHERE IT HAS BEEN NOTED I NOW SING LOUDER AND STRONGER THAN I DID BEFORE I JOINED FFFW. I'VE LOST ONE COMPLETE PANT SIZE, WHICH I AM HAPPY ABOUT AND MY OUTLOOK IS POSITIVE!

What do you like best about Fairfield Fitness For Women?

I AM IMPRESSED WITH THE OVERALL STRUCTURE, DISCIPLINE AND BUSINESS MODEL THAT FAIRFIELD FITNESS FOR WOMEN FOLLOWS. THE TRAINERS ARE KNOWLEDGABLE IN THEIR WORKOUT PROGRAMS WHICH ARE DESIGNED TO FOCUS ON EACH INDIVIDUAL'S NEEDS WITHIN EACH SMALL GROUP. THEY KEEP US CHALLENGED, MOTIVATED AND MOVING FOR THE 30 MINUTES OF WEIGHT TRAINING. AND I BELIEVE THE 30-MINUTE FAT-BURNING, INTERVAL CARDIO TRAINING THAT FOLLOWS THE WEIGHT TRAINING SESSION IS A KEY COMPONENT TO THE SUCCESS OF THIS PROGRAM. AND THE NUTRITION CONSULTATIONS AND DIETARY GUIDELINES ALONG WITH REGULAR WEIGH-INS MAKE THIS A COMPLETE PROGRAM THAT SETS CLIENTS UP FOR SUCCESS!

What has been the BEST part about your experience with Fairfield Fitness For Women?

THE BEST PART OF MY EXPERIENCE WITH FAIRFIELD FITNESS FOR WOMEN SO FAR HAS BEEN SEEING THE SCALE AND BODY FAT PERCENTAGE GO DOWN, THE INCREASED ENERGY THROUGHOUT THE DAY ALONG WITH BETTER SLEEP AT NIGHT, AS WELL AS THE CAMARADERIE THAT HAS BEEN FORMED BETWEEN THE WOMEN I SEE IN THE MORNINGS. AND I CAN RUN! I NEVER THOUGHT I'D EVER BE RUNNING AGAIN!

When and why did you decide to make this commitment to yourself, to join Fairfield Fitness For Women and set a goal to lose weight, tone up, etc.

I DECIDED TO MAKE THIS COMMITMENT TO MYSELF AND JOIN FFFW AFTER RECEIVING THE LITTLE BLACK DRESS 6-WEEK CHALLENGE POSTCARD IN THE MAIL THAT ADVERTISED THE STUDIO AND THEIR COMPELLING OFFER. I HAD RECENTLY SEEN PHOTOS OF MYSELF FROM JULY, WHICH WAS THE SAME TIMEFRAME I HAD TO BUY LARGER-SIZED PANTS AND THE SCALE WAS TOPPING OUT AT 180, WHICH WAS 42 POUNDS HIGHER THAN WHERE I WAS 6 YEARS PRIOR; THE HEAVIEST WEIGHT I HAD EVER BEEN, EVEN MORE THAN WHEN I WAS PREGNANT TWICE!

Bernice's Testimonial:

AT FAIRFIELD FITNESS FOR WOMEN, I HAVE BEEN ABLE TO BE SUCCESSFUL AT A PROVEN METHOD WITHIN A REGIMENTED PROGRAM THAT WORKS FOR MY CURRENT LIFESTYLE. I AM THRILLED WITH MY RESULTS SO FAR AND LOOK FORWARD TO CONTINUING TO BUILD ON WHAT I HAVE DEVELOPED IN ORDER TO REACH AND MAINTAIN MY FITNESS GOALS.

THANK YOU JULIET AND STAFF!

BERNICE W.