

Rebecca N. Lost 8.2 Pounds and... Won Our 6-Week Challenge!

REBECCA N., AGE 53

**CPA/MBA, RETIRED CORPORATE CONTROLLER-TURNED JEWELRY SALES
CONSULTANT**

Fairfield Fitness For Women Member SINCE OCTOBER 2017

Total pounds lost: 8.2 POUNDS

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

MY HUSBAND AND I RECENTLY RELOCATED TO FAIRFIELD FROM PITTSBURGH. AFTER LIVING IN PITTSBURGH FOR 30 YEARS, WORKING AND RAISING MY CHILDREN (24 AND 21), I FELT I WAS "STARTING OVER" IN MOST EVERY WAY. I REALLY WANTED TO PRIORITIZE MY FITNESS AND ENDURANCE, TONE UP, AND LOSE WEIGHT AND BODY FAT IN A HEALTHY, SUSTAINABLE WAY.

AND, I WANTED TO FIND A WAY TO BUILD RELATIONSHIPS IN THE COMMUNITY WHILE WORKING ON MY FITNESS GOALS. AS LUCK WOULD HAVE IT, WHILE EXPLORING FAIRFIELD IN OCTOBER, I DROVE THROUGH THE SPORTSPLEX AND SAW THE FAIRFIELD FITNESS FOR WOMEN SIGN. LATER THAT DAY, I PERUSED THEIR WEBSITE, READ THE TESTIMONIALS, AND GAVE JULIET, THE OWNER, A CALL. SHE WAS SO WARM AND WELCOMING AND OFFERED TO LET ME TRY THE STUDIO WITH A COMPLIMENTARY WORKOUT. I WAS VERY IMPRESSED TO KNOW THAT MANY OF THE CLIENTS AT FAIRFIELD FITNESS FOR WOMEN HAVE BEEN CLIENTS FOR YEARS! THAT ISN'T TYPICAL, FROM MY EXPERIENCE. AND, AFTER MY INITIAL COMPLIMENTARY WORKOUT, I SIGNED ON FOR THE 6-WEEK PROGRAM. THE REST IS HISTORY! I WAS SHOCKED TO LEARN THAT I HAD WON THE 6-WEEK LITTLE BLACK DRESS CHALLENGE, AND I'VE COMMITTED TO A CONTINUING MEMBERSHIP.

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

I'M DEFINITELY A "WORK IN PROGRESS", BUT I AM CERTAINLY PLEASED WITH MY INTERIM RESULTS IN BOTH WEIGHT LOSS AND BODY FAT REDUCTION. I ATTRIBUTE MY SUCCESS TO THE FORMAT AT THE STUDIO: THE PERFECT BLEND OF CHALLENGING WORKOUTS; REGULAR INTERVAL CARDIO; ACCOUNTABILITY VIA SCHEDULED APPOINTMENTS, AND AN AMAZING, SUPPORTIVE STAFF!

IN ADDITION, JULIET HAS BEEN A WONDERFUL AMBASSADOR FOR FAIRFIELD AND THE SURROUNDING COMMUNITY. SHE HAS CONNECTED ME WITH OTHER CLIENTS WITH WHOM I SHARE COMMON INTERESTS OUTSIDE OF THE STUDIO. I AM SO GRATEFUL FOR THAT!

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

MY SELF-ESTEEM IS IMPROVED, FOR SURE, AND I'VE MADE SOME FRIENDS ALONG THE WAY WHICH CERTAINLY MAKES ME HAPPY! IT'S A PRETTY OVERWHELMING FEELING TO ESSENTIALLY RE-ESTABLISH MYSELF IN MY 50'S! I'M EXCITED AND EAGER TO WELCOME 2018 WITH MORE STRENGTH, IMPROVED FLEXIBILITY/BALANCE, AND GREAT MOTIVATION TO CONTINUE MY EFFORTS TOWARD CONTINUED WEIGHT LOSS AND TONING. LIVING NEAR THE BEACH FOR THE FIRST TIME IN MY LIFE IS ALSO HELPING WITH THE INSPIRATION! I HAVE NIGHTMARES ABOUT BATHING SUITS :) !!

What do you like best about Fairfield Fitness For Women?

ALL OF THE ABOVE! THE STRUCTURE (ACCOUNTABILITY WITH SUPPORT) IS PERFECT FOR ME. I FEEL SO MUCH MORE "VESTED" KNOWING THAT SOMEONE IS EXPECTING ME TO SHOW UP AND WORK TO MY POTENTIAL. KNOWING THAT MY WEIGHT LOSS IS TRACKED HELPS ME STAY FOCUSED ON MY NUTRITION TOO. AND, JULIET OFFERS "GENTLE" BUT STRONG SUPPORT, OFFERING GUIDANCE ON DIET AND FOOD CHOICES.

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

THE STAFF AND CLIENTELE AT THE STUDIO ARE WONDERFUL. I LIKE THE ABILITY TO FORM RELATIONSHIPS WITH OTHER PEOPLE THAT SHARE THE SAME FITNESS INTERESTS. THE FORMAT AT THE STUDIO FOSTERS SUCH AN ENVIRONMENT, AND THE MUTUAL RESPECT AMONGST THE CLIENT IS EXEMPLARY. IN ADDITION, THANKS TO JULIET'S HOSPITALITY, I WAS ABLE TO INTRODUCE MY LATEST VENTURE AS A SABIKA DIRECT SALES JEWELRY CONSULTANT TO STUDIO CLIENTS AND EVEN PARTICIPATE IN THE STUDIO BOOK CLUB AND HOLIDAY PARTY!

Rebecca's Testimonial:

BEING NEW TO CONNECTICUT AND HAVING MORE DISPOSABLE TIME ON MY HANDS, I WAS LOOKING FOR A WAY TO WORK TOWARD MY FITNESS GOALS WHILE BUILDING NEW PERSONAL RELATIONSHIPS. MY EXPERIENCE AT FAIRFIELD FITNESS FOR WOMEN HAS PROVIDED THE PERFECT STRUCTURE AND ENVIRONMENT TO DO JUST THAT. A "BIG BOX" FITNESS CENTER JUST CAN'T OFFER THE SAME EXPERIENCE. THE ACCOUNTABILITY FOR ME IS KEY, AND THE TRAINERS ARE DEDICATED AND RELIABLE EVERY SINGLE DAY! IT'S REALLY A WONDERFUL FORMULA FOR SUCCESS

THANK YOU JULIET AND STAFF!

REBECCA N.

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Name

Date