

AGE
35

LOST
20 pounds

GAINED
2x stamina

LOST
7 inches

GAINED
3 new friends

Strength in Numbers

Tara Colopy, Hudson
Member

“Summa Wellness Institute isn’t just a gym, it’s the total health package.”

A growing family and busy career made it difficult for Tara Colopy to find time for fitness—that is, until she discovered Summa Wellness Institute.

Tara immediately responded to the “members-first” environment, and the team approach that ensures all training is done safely. Today, she enjoys gains in endurance and strength, and has discovered a healthy life-work balance.

Our medically based fitness program and nationally certified trainers enabled Tara to exceed her goals. Tara found her winning combination. Let us help you find yours.

Call (888) 284-2324 or visit
summawellness.org/strengthinnumbers
to schedule a tour and receive **3 free days**
to experience wellness our way.


SUMMA
Wellness Institute

5625 Hudson Drive · Hudson