

# Strength in Numbers

AGE  
35

LOST  
20 pounds

GAINED  
2x stamina

LOST  
7 inches

GAINED  
3 new friends



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.

Following the birth of her second child, Tara was struggling to lose the extra baby weight that left her unhappy with her appearance and low on energy.

She joined several gyms but was dissatisfied with their upkeep and lack of personal attention. All that changed following a referral to Summa Wellness Institute.

Tara immediately responded to the Institute’s “members-first” environment, with its emphasis on total health, as well as the impeccable attention to detail throughout the facility. “I walked in and signed up the same day,” she says. “No question about it – I’d found my fitness partner.”

Tara credits the staff in helping her transition from overweight mom to budding athlete. She appreciates the team approach that ensures training is done safely, and the encouragement to find a healthy life-work balance.

Today, Tara says she has more energy than she did at 18, and that her family is thrilled. According to Tara, “At other facilities you fall through the cracks; that just doesn’t happen here.”

Whatever your goal—weight loss, strength training, rehabilitation or general conditioning—we can help.

**Tara found her winning combination.  
Let us help you find yours.**



[summawellness.org](http://summawellness.org)

Call **(888) 378-8570** or visit [summawellness.org/numbers](http://summawellness.org/numbers) to schedule a tour and receive **3 free days** to experience wellness our way.







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Experience wellness *our way*,  
and learn why our member  
satisfaction exceeds 99%.