



I began working out with Totally Toned Personal Training (3x a week) at the Seven Hills Rec Center in September. With the help of TTPT and, of course, maintaining a sensible diet, after a little more than two months of working out I lost a total of 41lbs and my Body Mass Index (BMI) went from 44 (Morbidly Obese) to 34 (Obese)! I have recently been taken off ALL of my blood pressure medications, and my Primary Care Physician expects me to be in the 'Normal' BMI range by Spring! He also expects I will be able to discontinue ALL of my medications, including those for High Cholesterol, Type II Diabetes, Acid Reflux, Restless Leg Syndrome, as well as...which I'm most excited about, my C-PAP machine for Sleep Apnea!

- When I started with Totally Toned...walking up a flight of stairs took a lot of effort and made me extremely winded. Today...I almost run up stairs without any effort at all!
- When I started with Totally Toned...I dreaded floor exercises because I actually needed assistance getting up from the floor. Today...I no longer need assistance getting back on my feet.
- When I started with Totally Toned...I had a hard time walking for any distance. Today...walking is no longer an issue and my endurance level has increased significantly.
- When I started with Totally Toned...my strength/flexibility was minimal. Today...all my strength exercises are at increased weight levels and I am more limber. (...And Ladies, you'll appreciate this one!)
- When I started with Totally Toned...I wore size 24 pants and size 2X shirts. Today...I wear size 14 jeans and XL shirts!! And what surprised me most...
- When I started with Totally Toned...I absolutely dreaded my personal training sessions. Today...I actually look forward to them!

Like some people, as first I had a hard time 'justifying' the money I was spending each training session. I no longer feel that way. What I love about working out with TTPT is the experience and knowledge they bring to each session. My trainer is constantly monitoring my posture, technique and physical wellbeing.

And surprisingly, I actually feel invigorated after my sessions and have noticed an extreme increase in my overall activity level. The way I see it...my health is VERY important...I am VERY important and I want to live a long and healthy life! TTPT is helping me do just that!!

Thank you, Totally Toned Personal Training, for helping me get my life back!
Katy Z