



Hello,

I am writing on behalf of my husband Carl who joined your program a little over a year ago. He started off at 330lbs. He was really in very bad shape and I believe was heading for trouble with his health. He met with Mike and then he transitioned to Garrett. He had a instant connection with Garrett due to their love if basketball! My husband used to play basketball all through high school, but could no longer do so because of his excessive weight gain over the years. We've had 2 more babies (6 kids total) and he had put on some pounds along with me during my pregnancies. Luckily for us all he got super serious with his weight-loss journey. He runs regularly and eats properly(for the most part) and he ACTUALLY GETS TO PLAY BASKETBALL AND PERFORM BBALL DRILLS with his trainer which we would have never thought was possible. Totally Toned gave him the push that he needed to get his health back on track. He's tried different things over the years and this time had been the ONLY TIME one has stuck. Thanks to your program he has been able to lose 80-90 lbs. which is PHENOMENAL in a little over 1 year!!!!

I'm so much impressed that I too have joined and I have lost 28 pounds since March. I'm not too fixated on the scale but my measurements have been amazing. I look great in my clothes, I'm down 2 pants sizes, and I have started to lift heavy weights. When I first started, I COULDN'T EVEN LIFT THE BAR!!!! Every time I go up with benching/lifting something heavier or accomplish another milestone it makes me feel on top of the world literally!!! So you see, this program is very important to my husband and myself. Carl and I look forward to weight training every week. He and I both have different wants and reasons for doing this particular regime and somehow your employee following your program has somehow managed to figure out to target both of our wants, needs, and goals.

This is why TTPT should stick around for many more years to come. It's successful and brilliant and IT CHANGES PEOPLE'S LIVES.....

Sincerely yours,

Carl and Rashia K