

Amazing Client Success Story

Michael Davis

Private Training Client

“Being overweight was a cycle for me; I felt uncomfortable on the exercise machines and would have NEVER went out to lift weights in front of people and thus I just gained more and more weight.

I (also) have a heart condition. After two months my doctor was happy with the blood pressure being back down to the acceptable level. After three months **I have lost 35lbs, almost 30 inches and have gone down a pant size.** I have never lost this much weight before and I know it is just the beginning.

I feel more comfortable just doing physical activity now, I am comfortable on machines, lifting weights, taking classes, and participate in sports again. I can honestly say I look forward to my sessions with (my trainer) and every penny I pay is worth it!”

“The amount of support I get from everyone at Ames Racquet & Fitness – North campus, is amazing and really has made a difference and helped me enjoy working out (and I have never said that before)!”



Before



January 14, 2011 in progress!