



BEFORE

I've spent all 34 years of my life battling weight issues. I've dieted and lost weight only to gain it back more times than I care to remember. Each time I started a new weight loss program, it always included exercise in the form of cardio- either with aerobics classes (I've done them all!) or walking on the treadmill. This program worked okay, but I always ended up gaining the weight back, and fast too! I had never even considered strength training or a personal trainer as options to help me lose weight until I met Mike Karban.

When I had my consultation with Mike it had been a good year since I had lost weight, and of course I had put it all back on, and more! Mike explained to me the benefits of a program focused on strength training plus cardio including the key fact that muscle burns calories even while you are sleeping!

The first time I worked out with Mike I could not believe how weak I actually was. This was a huge wake up call. I needed to do something about my weight, and fast. I signed up and started my program right away. I had no idea what to expect, but I do know that I chose the best trainer to manage my weight loss program.

From the training standpoint, Mike has years of experience and the certifications to back it all up. He understands exactly how each person's body functions and therefore can put together the program that is right just for you. If he is not getting the result he wants, he knows how to modify the program to maximize the benefit to his clients. From the motivational standpoint, Mike cares so much about the progress of his clients. For me, I never would have been able to lose the weight that I have so far without Mike's encouragement and belief in me. Thirdly, Mike makes working out fun! You will be guaranteed to laugh during training sessions with Mike. It might be hard to believe, but it's true!

I've been working out with Mike now for almost a year and a half, have lost a ton of weight and more than 37 inches! My entire lifestyle has changed, all for the better. This has been the best decision of my life.

Rebecca



AFTER