

At 64 years of age, I was out of shape and overweight. I knew I had to do something but I wasn't sure quite what. I decided to join the (Seven Hills) Rec Center and start working out. I did this for a couple of months but was not having the success I was hoping for. I would see Mike around the gym training people, so I talked with him one day and decided I would try a personal trainer.

I have now been training with Mike and Kevin for the last 10 months. During that time, I lost 35 pounds, my pant size has gone from 44 to 36 (same size I wore in high school), and my strength and durability has at least doubled. While I consider that a great victory, the greatest difference is how I live my everyday life. The ease of standing up, bending down to pick something up, going up and down stairs, starting my lawnmower, standing up from a restaurant booth, and the list goes on...I can now do just about anything I want to do.

I am not saying that it is easy, because it is not. You do have to do the work and you do have to watch your diet. What I am saying is that they can provide you a personalized, safe, total body way to workout that is very effective, as well as sound diet advice. If you are willing to put in the work, you can have great results.

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