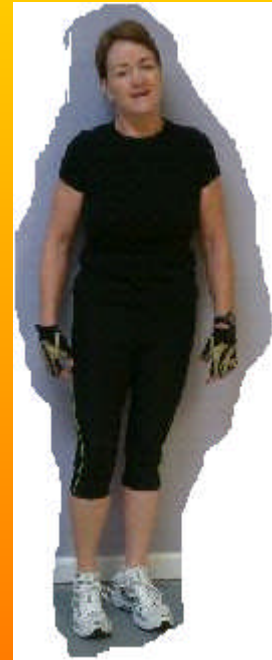




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CHERYL H.

BEFORE

AFTER

Not athletic as a child I never played sports in school and the first time I remember “dieting” was at the age of 12. This was to be one of several poor lifestyle choices which caused my weight to fluctuate up and down (mostly up) over the decades. Losing 89 pounds in two years left me at a reasonable weight until the diet aid I relied on was removed from the American market. Over the following decade half of the lost weight resumed its’ place on my frame. I was introduced to Dann by my dearest friend. I had witnessed a transformation of her under his guidance and was ready to “give it a try”.

When my journey began one year ago I thought I was going to lose a few pounds (and lift a few things). Little did I realize I was entering into a relationship that would radically change my lifestyle and along the way I would learn things about myself I hadn’t known before. I now realize this physical person is who I am meant to be and, while not at my lightest weight, I am the smallest and strongest I have ever been. This strength is not merely physical but a mental and emotional state as well. I have surrendered my addiction to the scale replaced with a much better understanding of what it takes to be a healthy me.

I am grateful for that fateful meeting with Dann who is not only a gifted and insightful trainer but a mentor, teacher and friend. Thank you Dann for believing and investing in me!!!