



Before



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After

PENNY E.

I have spent a good part of my life over weight and uncomfortable in my own skin. After getting diagnosed with M.S. in 2000 and not being able to do a lot of the activities I use to do I really let myself go. Then in 2005 after seeing myself in a photo I realized just how over weight I was and made a decision to do something about it. So I got myself in a weight loss program and began my journey. Loosing weight made me feel better about myself but I realized it wasn't just about weight loss I had to get healthy too! I was introduced to Dan and my total reformation began. I really never liked anything about working out at all till I started to work out with Dan. I am one of the lucky ones because I have great support from my husband and family and I have great support at the gym with Dan. Because Dan pushes me to believe in myself and to never give up he has encouraged me to do thing I couldn't do before. In doing all of this I have not only changed my appearance but I am the healthiest I have ever been! I don't have any M.S. problems and my blood work is perfect and that hasn't happened in almost 11 years. Although I have not achieved my total goal I am truly Thankful for all the encouragement, dedication, love and friendship Dan has given me!! Thanks to my family and Dan I am a better and healthier me!!