



**Susan B.**

About a year ago I felt that I wanted a change in my life and appearance. At that time my husband Bob and Geoff were already going to the gym and all that I ever heard were the stories of the great workouts that they went through and how great they felt.

It wasn't long before I was having my consultation about what I wanted to get

out of the program with Dan.

My biggest problem was that I felt that I needed to be held accountable and pushed during my workouts because if it was up to me I wouldn't give 150%.

Needless to say it was the best move that I have ever made!!!!!! Dan pushes me to levels that I never thought that I could achieve. I have a new confidence in myself that all things are possible you just have to believe in yourself and in Dan.

**Thanks Dan for everything that you have done for me and my family!!**

