

Monica S

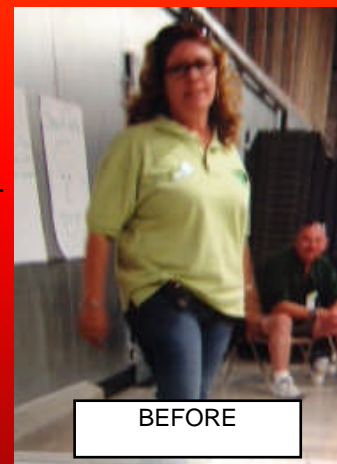
Dan and team,

When I was in my 20's I had a smashing good figure, upon the birth of my son I managed to gain 50lbs as most do but was able to take it off through a course of 1yr due to my young age. Through the years I managed to gain it back going up and down. I went on every diet known but they were only short fixes. I reconciled myself to the fact that I was just going to be the weight that I was. Then one day I had a discussion with my friend Jennifer about joining "Get Fit Do it Right ". We couldn't hook up a time together so I talked to another friend Jim Cardenas to see if he wanted to join with me. We joined over 2years ago. Since then I have lost approximately 40lbs and have managed to keep it off. I am now a different person which takes much more pride in the way I look. I have gone from a size 14 to a size 8, I wear a medium shirt now, I can't even remember the last time I did but must say that I have saved a T-shirt from my elementary schools years, 8th grade to be exact and it fits me perfectly.



TODAY!!

Yes I know I can join a gym but would never think about doing that as I appreciate Dan and the work that you have done with me. Your discipline, friendship and genuine concern for my well-being are exactly what I need to keep on track. I cannot thank you enough for changing my life and I look forward to many more years working out with you.



BEFORE

WHAT AN EXPERIENCE.....Thank you!