

Mike D.

My whole life I've had weight issues. Nothing ever worked. Diets. Boot Camps. Jenny Craig. Weight watchers. Yoga. 24 Hr Fitness memberships. Nothing.



That is until a friend introduced me to Dan Soloman about 6 months before my 40th birthday. Dan helped me look at things in a whole different way. I removed all excuses and he held me accountable. He pushed me to re-look at what it meant to balance out my physical well being with the rest of my life.

Now it a natural part of me. Almost a year later I am in better shape and I have great energy at home and at work. It is thoroughly enjoyable going each day to find out what challenges Dan has set for me. I am gaining more and more physical confidence. I am now 40 and ready to take on the world.

Dan really cares and it shows. I am very thankful to him for helping me find the discipline I never knew I had. You can't put a pricetag on quality of life...Dan's influence and efforts have been priceless!!! Thank you so very much.

I feel like i'm just getting started..... ready to truly enjoy the prime of my life.....

