

Phoenix Fitness  
Golf Links Rd.  
Ancaster, Ontario

Dear Rita & Murray:

It gives me great pleasure to write this letter about my success at your Fitness Club. For many years I have been a member but I was never totally committed to reach my goals. I would come and do the cardio classes or the spinning classes but was too intimidated to ever do the weight training part of it. I knew the weight training was an important part but at the time never realized how important it was.

I received a brochure from Phoenix on October 31<sup>st</sup> offering a personal trainer for an advertised amount. Personal training always seemed to be far too extravagant for my lifestyle though. After reading the brochure which offered personal training sessions, and a nutrition seminar I thought it was time I truly devoted myself to reaching my goals. I had some health problems with my back and had been seeing a chiropractor for many months. I seemed to be getting nowhere with the treatments and the medication I was taking. I decided to take a new approach by strengthening my problems instead of giving into them.

At the beginning of November I started training with Scot and within a month I stopped seeing the chiropractor. With Scot's educational background he was the perfect trainer for me. He made me work hard and always gave me the incentive to keep working hard. The very first time I trained with Scot I thought I was going to be sick, I mean physically sick. My body was in shock I'm sure, but after a few sessions I felt much better. Training with Scot was starting to show and within three months I lost 20 pounds and many inches. Each time I trained he would check my daily log to see if I had been keeping up my end by eating properly. Nutrition seemed to be his expertise, and he would explain to me where and why I had gone wrong. I think the nutrition and the weight training are equally as important and to reach your goals you must combine the two. Without Scot and his guidance I would have never reached the goals I did.

Having a personal trainer gives you the incentive and the motivation to keep going. I can't thank Scot enough for all his encouragement. I never have the urge to cancel and I look forward to working out. I have built the confidence I needed to be able to weight train on my own the days I do not have Scot and do not feel intimidated by this at all.

You have great people working for you and a great atmosphere at you Fitness Club. The staff at the front desk are always welcoming, helpful and friendly.

This has been a total lifestyle change for me, but one I plan to keep!!!

Thanks again,  
Cathy Corsini