

## My Testimonial of Pam

I thought it was about time I wrote a testimonial about Pam! My Personal Trainer!

I have been coming to Phoenix Fitness for one year. I have had Pam for my personal trainer twice a week all this time . In my opinion having a trainer especially like Pam is not only very helpful but necessary. My husband is the one who insists on a trainer for me, because he likes the results and the comments from our friends. Having Pam has changed my life.

There are some days that I really don't feel like working out, but after I am always glad. Pam is always very encouraging and pushes me, but she knows my limit.

I consider her not only my trainer but a new "friend" whom I trust this old body too. If I had to recommend anyone, it would be Pam.

Slim, fit,  
Carole Harley