

All it took was one look in the mirror and the realization, “if you don’t like the way you look then change it”. I had myself convinced that it was too hard; there was too much weight. The thing that turned me around was when I realized everyone I talked to I complained about my weight. After that I decided no one would hear a complaint about how much I hated being heavy.

This has been a stressful journey, both physically and mentally. But truthfully it’s been the most fulfilling journey of my life. To anyone reading this and looking to make a change just know that it can be done! The resolve, the will power, the dedication and the strength are all inside of you just believe in it.

One of the benefits I’ve had that helped me make this change is help from others. First and foremost I would like to thank my original trainer who gave so much of his time and knowledge and helped motivate me. The one who helped me from the start and still helps today, Charlie. Another source of help came from here, Phoenix Fitness. My sincerest thanks goes to Tom for continuing where my training left off. Training with Tom, I had managed to exceed all the goals I had set for myself. Thanks to his knowledge and contagious drive he exudes every day. No matter how tired I was when I walked in he found energy where I thought there was none.

To accomplish something like this you need to be in the right environment. Walking into Phoenix Fitness makes you want to be healthy and fit, the energy at Phoenix inspires you to reach and exceed your goals. This energy is made possible by those whose first concern are your well-being, and not your wallet. Thank you to Murray, Rita, Tom, Darren, Laura, Ashley, Ingrid and every other member of phoenix’s staff for creating the perfect atmosphere for phenomenal changes.

Kevin Suffoletta

