

It gives me great pleasure to be able to write this testimonial about my success so far, having taken the step to join Phoenix Fitness.

One cold day January 29<sup>th</sup> 2002 I sat in front of the TV feeling fat and fifty and deciding to seek out either a fitness club or buy some home gym equipment. I had a 30 year anniversary coming up in October and was going to Hawaii and I did not want to go as a fatty. I decided to call Phoenix fitness because it was close and looked like a nice place to work out. I talked to Janice Stapleton when I called, only wishing for information, she convinced me to come and check it out. Janice was so excited about fitness and shared her success story and showed me her before pictures. One look and how much younger Janice looked than her age and what great shape she was in , I was convinced to give this my best effort.

I got weighed (how depressing) and measured ( I didn't even look to see what they were) and decided to give it three months on my own working out to see what results I could achieve. I needed to lose at least 30 pounds and set my goal. I worked out three to four times a week. At the end of three months I had lost inches but only lost a pound. This was not good enough. I opted to try a personal trainer. I chose Scot Dawson as I was impressed by his knowledge which I had overheard while doing my work outs. After two sessions I was hooked. I knew this is exactly what I wanted and needed and felt that I could succeed if I followed Scot's instructions. I worked out harder than I ever thought possible. Scot knows how to push you and show you what you can achieve while making my workout enjoyable. He also started me on his own diet plan and after a few days I didn't crave the junk. It has now been a little over my 12 weeks with Scot and I am pleased with my new body. I have lost 24 pounds to date, 6 inches from my waist, 2 inches from hips, 2 inches from my chest and tightened up everything else. I now have more streamlined legs and arms . I averaged about 2 pounds per week on Scot's diet plan and when it started to slow he fine tuned my diet and exercise program to get things moving again. I cannot thank Scot enough for all his help in achieving this new body and I am not finished yet. I plan to continuing on for life as I am hooked on exercise and eating healthy. A personal trainer has made all the difference in my success and I would highly recommend giving it a three month try if you are looking to achieve a new body.



Pat Ziebarth  
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