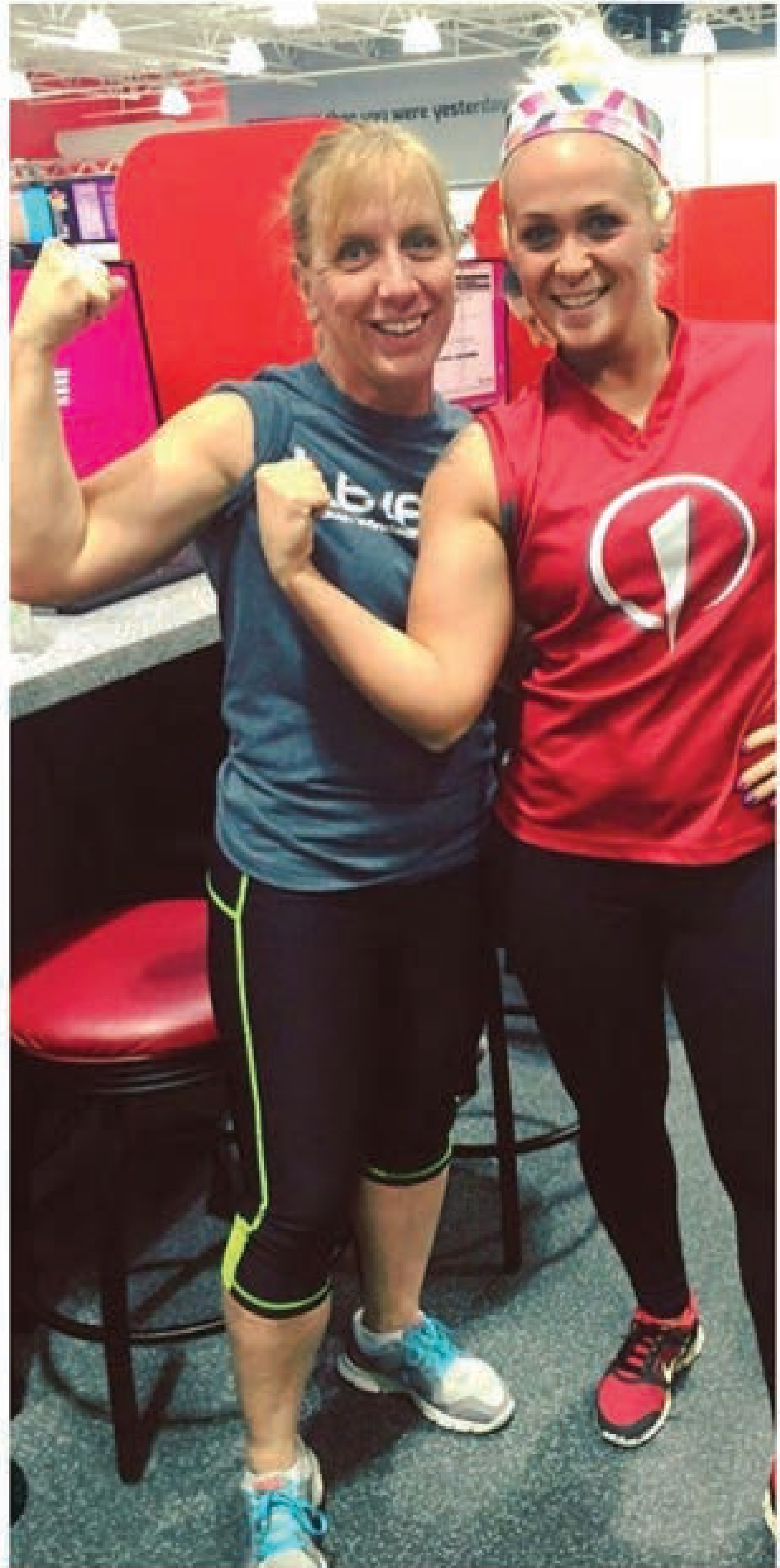


SUCCESS STORY

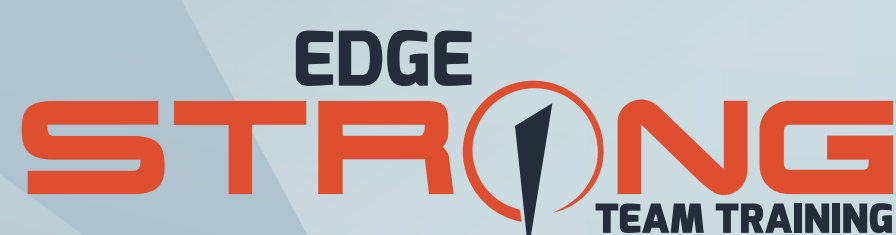
at the



I was looking at an Instagram post after the holidays and didn't recognize myself. I knew I had gained weight and was tired all the times, but it wasn't until I saw that post that I realized how bad things had gotten. That picture explained the clothes that didn't fit, the lack of energy I had and some days the sadness I felt.

Fast forward 5 months... I am now down 17lbs. I am wearing clothes that haven't fit in years, have so much more energy and love my new positive attitude! None of this would have been possible without my trainer, Meghan. Her knowledge, support and now, friendship have been so valuable throughout this entire health improvement process. She's taught me the importance of proper form and pushes me to work harder when all I wanted to do was quit. Her smile and personality make my workouts fun (as much as they can be) and make me look forward to coming back for more. Meghan isn't just my trainer at the gym, she is my trainer out of the gym as well. She knows my nighttime weakness and has an uncanny way of sending encouraging texts just as I am heading to the refrigerator, making me feel like I am never alone. I am excited to continue my work with Meghan and to see what the next 5 months bring!

-Gwenn, Manchester Edge Member



*Testimonials are not intended to represent or guarantee anyone will receive the same or similar results. Individual results may vary based on a variety of factors.