

SUCCESS STORY

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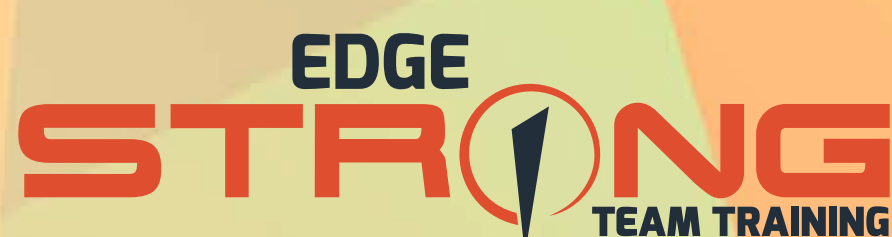


**THE
EDGE**
FITNESS CLUBS



Maintenance or real change, it is up to you. With my Personal Trainer Meridith's broad knowledge and skill set, she took me from muscle/bone maintenance to increased muscle strength, increased metabolism, increased endurance through a pre-operative and post-operative rehabilitation and on to the best overall exercise regimen I have ever practiced. Tracking calories in and exercise calories out helped as did gradually returning to the healthy food (and body shape) I loved 30 years ago. Now 20 pounds and 2 clothing sizes later, I am exercising in a balanced way, eat to support and maintain my healthy, toned, flexible body and feel 15 years younger!

-Carolyn Longacre, Norwalk 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.