

SUCCESS STORY

at the



#IFoundMyEdge

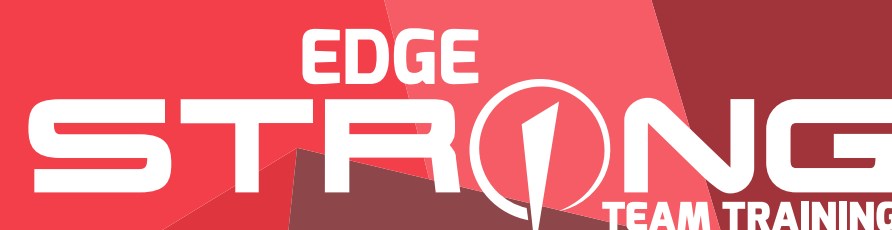
" I have always been self conscious of my weight and appearance and it caused me a ton of unnecessary stress. I started working out and immediately did a crazy amount of cardio followed by an insanely low calorie diet and I thought that was health and balance. I soon realized my tactics were completely wrong and unhealthy and that's where Rob came in!

Rob has been a blessing and has taught me the healthy way to exercise and diet.

Our first session he asked me what my goal was and I told him I wanted to do a bikini competition. Rob stuck by my side and continuously pushed me to be the best Hannah

I could be day in and day out. Finally after a ton of blood, sweat, and tears I slowly but surely made it through my prep. I got 2nd place in my first competition and gained nothing but confidence, physical strength, new dieting tactics (the healthy way) and most importantly mental strength. I plan on competing in my next show a few months from now and will continue this new healthy lifestyle as time passes! Never think you can't do something, hard work always pays off!"

-Hannah Spataj, Trumbull 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.