

SUCCESS STORY

at the



In November of 2015 I had weighed 216 lbs. I decided to join The Milford Edge in December, but did not feel good about myself, both physically and mentally.

Dave D'Agostino recommended Josh for my fitness assessment. When we completed our evaluation I realized how out of shape I was and knew it was not going to be easy to lose weight and get into shape. Josh set me up nutritionally and kept me motivated, physically. I made a deal with myself that I was going to improve each week and Josh gave me the support I needed to complete that. In 6 months I am down to 190lbs. My energy levels are much higher, I feel healthier, and have better self-esteem. I have added 10lbs of lean tissue while dropping body fat. I credit this to Josh and his knowledge in nutrition coaching and his intense workouts. I found myself a new healthy hobby and stress reliever. There is no better feeling than watching my strength and endurance continue to improve as I work with Josh. Thank you to my new friends and family at the Milford Edge, especially my trainer, Josh Ranciato!

-Ray Jacob, Milford Edge Member

