

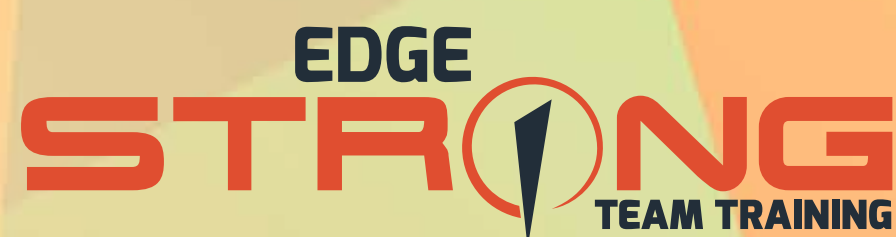
SUCCESS STORY

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It's never too late to take control and feel great! When I signed up for Personal Training with Matt Hannon, he encouraged me to challenge myself, tweak my diet, add nutritional supplements daily and be more active throughout the week. The results have been amazing! I have lost 27 pounds, down 4 pant sizes, and have lots of energy and stamina to keep up with my active family. I feel that Matt took a personal interest in my progress. I wasn't just another client for him. His workouts are always challenging and tailored to my needs and abilities. My posture, balance and endurance have improved tremendously. Like the saying goes, if I can do it, anybody can be successful too! Thank you, Matt!

- Cynthia Licata , Hamden 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.