

SUCCESS STORY

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In November 2015 I was told I was not able to join the US Marines until I lost weight. It was disappointing to know something stopping me was something so simple. I told the recruiter "I'll be back." That's when my journey began. I was able to lose 15 pounds on my own, but hit a plateau. I decided to sign up for personal training because I knew I couldn't do it alone. My trainer Yaw was one of the best things that happened to me during this journey, He always encouraged and pushed me to go harder. He is so much more than just my trainer. He is my teacher and now friend.

With Yaw's help I was able to lose an additional 37 pounds and counting. I've never felt better about my physical appearance. I lost a total of 52 pounds. I have recently visited my recruiter after 7 months & he didn't recognize me. I am now undergoing the process of becoming a United States Marine! Thank you Yaw!

- Nichole Vazquez, Stratford 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.