

# SUCCESS STORY

at the



DOWN 9 DRESS SIZES!



2 years ago I started my weight loss journey. I never liked eating healthy or exercising, but I knew I needed to make a change for myself. I decided to step out of my comfort zone and join The Edge. Since signing up for Personal Training, I have gained self-confidence in the way I look and the way I see myself. I am really glad that I have a trainer like Dan Clifford, who motivates me to do my best. I wouldn't be where I am today without his motivation and positive reinforcement. I am proud of myself because I never thought I would accomplish my goal. Signing up for the Edge really has changed my life!

-Amanda Zullo, Milford 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.