

Michele has been my trainer for over 7 months. I had just started a nutrition program and wanted to start a structured exercise program at the same time. I was not sure what to expect when I started working with Michele, but a friend highly recommended her to me. I quickly found out why- Michele has extensive knowledge and enthusiastic commitment to her work and this provides the perfect scenario for success. Her routines are individualized and challenging, but not more than I can handle. Michele is passionate about fitness and it shows through the energy and enthusiasm she brings to every session. Her easy going, friendly personality creates a relaxed, comfortable atmosphere. She makes each workout challenging, creative and most importantly, fun! She also places a high value on correct form with each exercise. She motivates me to push past my perceived limits to get results. I personally feel stronger, improved endurance and have lost more than 40 pounds.

The email describes only a small portion of how I have benefited working with Michele. I email her my progress each week and she always sends an encouraging word. She seems to know when I am struggling and sends an email- "How are things going?" This contact is key and I am well aware if she was not my trainer I would have stopped a while ago. Of course my schedule is challenging but she has a way of finding time to meet.

I look forward to continually working with Michele, we have more work to do :)

Cathy L

Dated: 7/19/2016

Continuing as personal training client as of 5/2017