

## Success Stories

### **Vicki & Zach Benson**

Vicki & Zach have also transformed their bodies, gaining strength and increasing muscle. While they have led healthy lifestyles for years, they were able to learn more about working out through personal training with Julie, group classes, Fit Challenges, competitions, and the retreat. The Bensons are very involved at Fit For Life and have inspired others to live healthy lifestyles. Both are now instructors, and Vicki is also a personal trainer now, providing information and motivation to her clients. They are both training for their first national fitness competition together!

### **Jerry West**

Jerry, one of our senior adult members, participated in one of our first Fit Challenges. In just 8 weeks, he dropped 40 lbs.! Jerry surpassed his goal and then made new goals for the year, which he tracked. Jerry focused on maintaining his healthy lifestyle, making notes of his attendance to group classes and food journal entries. Three years later, he continues to maintain his physical activity levels, attending group classes and participating in intramural competitions.

### **Emily Svoboda**

Emily made a lifestyle change by training with Julie, attending group classes, and eating healthy foods. She increased her strength (such as, increasing her push-ups from 20 to 42 per minute and her sit-ups from 28 to 43 per minute), while she leaned out her body. Emily participated in her first fitness photo shoot and is currently training for her first national fitness competition. She is also studying to become a personal trainer, hoping to continue to inspire others.

### **Richard Rivera**

Richard was in excellent shape but decided to step it up to the next level by increasing his muscle mass and strength. He began training with Julie less than a year ago, and has seen phenomenal results. His strength has increased dramatically, allowing Richard to lift as much as double on some exercises! While increasing his strength, Richard was also able to increase his endurance (not an easy feat) and is considering competing in his first fitness competition in which he would run an obstacle course. Richard enjoys the challenge of lifting while eating healthy and having the accountability to a trainer as he adjusts to shift work at his job. He proves that a healthy lifestyle is possible with a busy and varied schedule.

### **Cyndi Shelton**

Cyndi has transformed her body dramatically through group classes, personal training, and participating in Fit Challenges and Advanced Fit Challenges. Being very active at Fit for Life, Cyndi has attended food lessons, grocery store tours, and the retreat, learning all she can about healthy eating and exercise. Cyndi incorporates yoga, Pilates, weight training, etc. into her training, using various methods to increase her physical and emotional/spiritual well-being. Through these various methods, Cyndi has dropped over 50 lbs. and more than 15 sizes! She maintains her healthy lifestyle, which helps her deal with stress and gives her confidence and energy.