

From Catherine, MS, RN, Yardley, Pennsylvania

Personal Training Client

Goals: To regain my motivation for working out, to lose weight, and to support a healthy lifestyle

(Continued)

Pat's approach to personal training is goal-oriented to achieve optimal results. The monitoring activities provide real-time evidence of positive gains. He also monitors your vital signs to maintain a safe workout with maximum benefit.

Patrick is committed to achieving success for each client, and facilitates establishing and maintaining a healthy lifestyle. He is constantly learning and sharing new information. His respect for others and calm, caring personality make him a great motivator and communicator with all kinds of people. He is passionate about his field; that passion shows, and the people he trains reap the positive rewards.

I highly recommend Patrick. He is a tremendous personal trainer and a tremendous person."