

From Andrew and Kelly, Bristol, Pennsylvania

Personal Training clients

Goal: To get past a plateau we reached in fitness training

(Continued)

“We didn't know how much we didn't know! As a result, we are worlds beyond where we might have been by just ‘doing it on our own.’

We prize the humor and fun of our workouts a great deal. And you can take it as well as you can dish it out, which always earns our respect. Your patience is also greatly appreciated. You never seem to get frustrated when Andrew takes a little longer to grasp the step involved in an exercise, or when Kelly questions or challenges a concept.

Working with you has been incredibly motivating, even when you're not present. When we're tempted to scale back or skip a workout, we look at each other and think, ‘We can't because we'll see Pat tomorrow’. When we conquer an especially difficult challenge, we think ‘Pat would be so pleased’.

Finally, the encouragement you provide is invaluable. You have provided a support structure for us that we never would have dreamed about. To be perfectly frank, our life is better for having you in it.”