

## **Nicole, Levittown, Pennsylvania**

Fitness Center, Nutrition Counseling, and Personal Training Client

**Goal: To improve my overall health by losing thirty pounds**

### ***(Continued)***

*"Soon I began one-on-one training sessions with Pat. He is organized and extremely well-prepared. He knows what each of his clients is working toward and keeps focused on that goal. Pat has a huge heart and genuine compassion. He gives me the motivation and support that I really need.*

*So did I lose any weight? I am happy to report that I've lost approximately 60 pounds, half of my goal. I have also lost inches on my entire body and seriously toned many muscles. But what Pat and PT Transformations have done for me surpasses the numbers - I feel great! I feel strong and self-confident at last! And I've recommended this team to friends who noticed my changes; now, they're also working on changing their bodies – and, more importantly, their attitudes."*