

From Mike, West Windsor, Pennsylvania
Youth Fitness Client

Goals: To lose weight and gain confidence

(Continued)

“Patrick also teaches me about nutrition so that I am able to make better food choices. By making smarter choices, I can eat more than I ever thought I’d be able to, and still lose weight. In three months, I have lost more than 25 pounds!

For the first time in my life, I am not embarrassed to take off my shirt at the beach or pool. I never thought I’d be able to get more physically fit, but with Patrick’s help, understanding, and constant encouragement and support, he helped me to make it happen! And he made it fun, too!

If you feel discouraged about your weight and fitness like I did, then try working with Patrick. He made a big difference in helping me to reach my fitness goals, and I’m sure he’ll be able to help you, too!