



Client: Nicole

*Nicole (in red)*

I decided about a year and a half ago that my workout plan wasn't working. I was doing some cardio but wanted to lose inches in specific places like my belly, my back (below and above my bra line) and my bottom. I also wanted to tone my legs and arms. I asked my gym to recommend a trainer for me and I am so glad they gave me Laurie. I have worked with trainers in the past but I have never worked with one who worked so hard to get the exact results I wanted. Laurie even asked what my dress looked like to an upcoming event and we worked to make the dress better in the places it was more fitted.

I have now been with Laurie a year and a half. My body is now toned and my clothes fit much better. I have also learned so much about a healthy lifestyle from Laurie's actual day to day routines. I have improved what I eat and have also started to run (for the first time ever) and will complete my first 5K with my son in two weeks.

I have lost weight in the past but this is the first time I have received compliments not on being thin but on having a body that is in shape. My best friend asked me "ok who is this Laurie and when can I start?" She now sees Laurie twice a week also.

Laurie has changed my strength, my shape and the way I look at taking care of myself. I don't think I will ever quit.