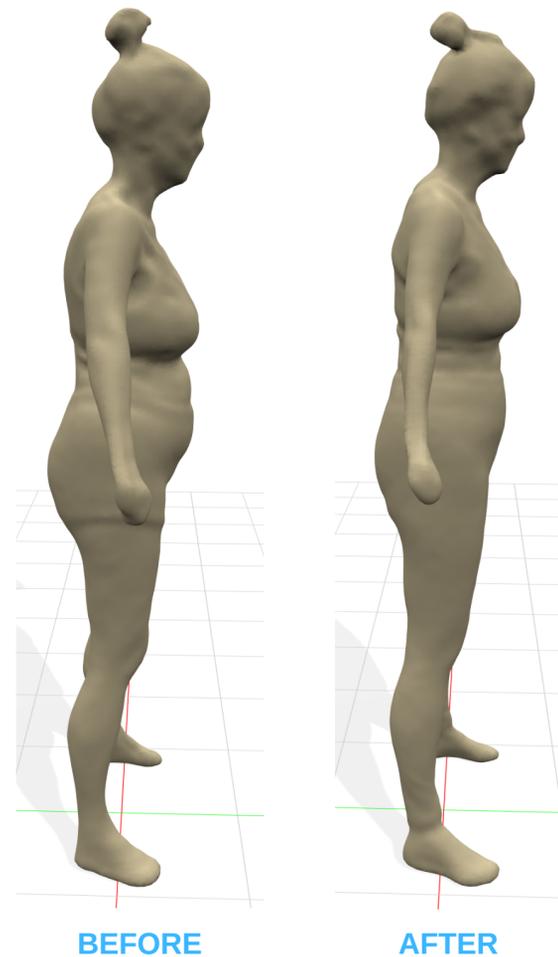


Testimonial



Peggy Wade
9 pounds lost
13 inches lost
3.6% in body fat lost

Certified Food Coach:
Ryne Foster
6 Month Life Program



About five years ago I fractured my knee, and just when I was getting active again, I fell and fractured my shoulder. My frustration was at an all time high as I watched my muscles decline and the portion of fat increase. My weight began to creep up. I started working out twice a week with a trainer, Tiffany Malone. My initial goals were to regain muscle strength in my core and legs. I also wanted to increase my range of motion in my shoulder and strengthened my arms. As I started working with Tiffany, I discovered just how much work was ahead of me. When Healthy Habits was announced, I signed up right away. I wanted to trim about 12 pounds and continue to alter my body composition with increased muscle and a decrease in fat. My coach, Ryne Foster, began to educate me about the nutritional composition of the foods I should be consuming. After the first Styku Scan I was fully committed to getting healthier. Step one was meal prep, planning and scheduled eating times. I logged my foods and paid attention to the portions of fat, protein, and carbs I was consuming by counting my units according to the recommended food plan. With Ryne's encouragement and coaching on my eating habits, and Tiffany's training and encouragement, I have lost 13 overall inches and I am now in the "fit" zone. This program gave me the momentum to move to a healthier me. During the process, I began to notice I was sleeping better and my strength and energy were so much better. Some of the stiffness I assumed was just part of aging also went away. I really want to thank Ryne and Tiffany. With my new awareness of food and appropriate meals, I have set new goals to continue to increase my fitness and maintain my weight.