

# SUCCESS STORY



## Susan Gailey

Trainer: Matt Bunday



Joining CBRC and working out with Matt Bundy has been one of the best decisions I've made. Retiring from teaching English at HHS for 23 years in 2014, it was time to improve. My daughter, Heidi Nettleton, a trainer in Utah, encouraged me to work out with a trainer and now two years later Matt has encouraged, adapted, and pushed me to work out way beyond my self imposed limitations. I'm hooked and am a regular at the club. My strength, cardio, and blood sugar levels are all improved and I credit much of that to him. Convincing me to join a small group training session, Matt is always looking for ways to improve and set new goals for his clients. His knowledge, humor, and innovative ways to train never cease to amaze me and he truly cares about each and everyone of his clients. Before training with Matt, I couldn't do a free standing squat, now you should see me! I look forward to these 30 minute sessions and the added energy they bring during my off days. Working out with Matt is not something I have to do, it is something I want to do. Thanks to him my overall health and physical well being is vastly improved.