



1. What was life like before you became a WPF client? (occupation, daily feelings)

I was a 65-year-old retiree who was morbidly obese, had joint/back pain and other health issues, didn't like the way I looked, and was uncertain if I could live alone and be self-sufficient.

2. At the time you enrolled, were you already exercising? What was your previous background in fitness?

Not much of a background in fitness other than walking in neighborhood occasionally.

3. What originally prompted you to seek us out?

A good, out-of-state friend, who knew about my struggles and frustration with overweight, suggested it was time for a trainer. My friend is an avid exerciser and has a trainer so I trust her advice.

4. What was your goal when you originally signed up?

Weight loss and improved health.

5. Why was this important?

I want to be independent and not a burden to others. I feel health and fitness can best serve my goal of being self-sufficient.

6. How long had you had this goal?

Let's say I talked it for 25 years, then being thrust into living alone it escalated, and on July 7, 2014, when I signed on with Ryan Norton as my trainer, my incredible, remarkable journey began.

7. What were the top 1-2 things that held you back from achieving your goal?

Number 1 was 60+ workweek, and number 2 was I didn't give it top priority.

8. What had you tried to get to your goal before?

EVERYTHING! You name it. Cabbage soup diet to Weight Watchers to Jenny Craig.

9. Were you more driven to solve a problem or achieve a goal?

Both – First I try and solve a problem which I feel paves the path to achieving goal/success.

10. How did you originally hear about us?

I often drive by and finally decided to stop and check it out.



11. How were you feeling about weight loss, nutrition, and fitness at the time you enrolled?

I knew it was important, but wasn't totally committed to it yet.

12. What have you liked best about working with us?

So many things; it's the total package – motivation, proper technique to avoid injury, trainer who cares and is always there for you, nutrition plans, to name a few – BUT, nothing can compare to FINALLY THE TASTE OF SUCCESS IN MEETING YOUR WEIGHT LOSS GOAL!

13. What challenges have you overcome and struggled with that kept you from progressing faster with your goals?

Thinking that I knew more than my trainer (big, huge joke)! When I first started, I still wanted to eat the way I normally did because I thought hard workouts would be enough. Well it wasn't! Wasted time for 2 months.

14. How did you overcome them?

I listened to Ryan, my trainer. He is very knowledgeable and truly has your best interest in mind to achieve your goal. When I did both the nutrition plans and workouts, the way Ryan said, the pounds started falling off. In 7 months, I lost 90 lbs.!!!

15. What are you most proud of achieving since you started?

The ability to trust and have faith that weight loss goals can be achieved with the right trainer. Finally, you are empowered to beat those "demons" that have been holding you back. Losing a total of 108 lbs and improving my overall health, as evidenced in the blood work I have done every 6-8 months, is a blessing I can't put dollars to.

16. Now that you achieved your weight loss and your first powerlifting meet, has your view of yourself changed?

Yes! I definitely can do better. I look forward to seeing what the future will bring. Who knows, there may be some records out there for this old gal!

17. How do you feel about your future?

Promising! I have an excellent trainer and GP who are helping me stay healthy, fit, and happy!

18. What else is different about your life since beginning your program?

I have confidence in knowing that I am very healthy and capable of taking care of myself. What I also noticed is different and amazing is I want to eat healthy more often than not, and I don't crave the unhealthy stuff nearly as much as I used to.



19. Where would you be if you hadn't started your program here?

Who knows, but it wouldn't be this good. I am guessing (from my old medical records showing prediabetic and high risk of heart problems) and having an extra 108 lbs on me would lead me to believe I would be taking insulin, on heart medication, and probably looking at assisted living quarters. UGH!

20. What would you say to anyone else who might be dealing with a weight loss problem, or health and fitness problem in general?

Invest in yourself. Don't wait. Get a knowledgeable trainer with a proven record of success for his clients. Ryan Norton at WPF fits the bill – TOTALLY!