



**CLIENT
OF THE
MONTH!**

LINDA L.



CONGRATULATIONS!



1. What was life like before you became a WPF client?

I was truly in a very unhappy place when it would come to my weight. My weight has been a constant battle that has been weighing me down for years. After being on vacation and seeing family pictures I knew enough was enough. I want to be a good example to my daughter.

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

I use to workout in the past however married life took over. I lost a sense of who I am.

3. What originally prompted you to seek us out?

I was constantly frustrated with my clothes not fitting and what I looked like in the mirror. My goal is to get close to my wedding weight. I want my confidence back that I once had. That's why I joined Wisconsin Personal Fitness.

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

After having some health issues my goal is to stay focused and to use the tools that were given to me. I realized that I can't take my health for granted. My health was my first priority and will continue to be until the end of this journey.

5. How long had you had this goal?

A long time / forever. The older I get I realize how important ones health is.

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

Accountability.

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

I have joined gyms in the past but the lack of accountability has caused me to fail in the past.

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

After having several health issues I realize that I need stay focused or the alternative will be a downfall with my health. All I can do is keep fighting.

9. How did you originally hear about us?

I drove by the location once it first opened.

10. What originally prompted you to seek us out?

I felt lousy and my self esteem was low.



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

I was worried that I wasn't going to make it through the one hour fitness session without dying. Nutrition - I'm trying to stay focused and Eat Clean. I have realized that most people consume way more calories than needed.

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

Ryan keeps in touch with his clients on a day to day basis and truly keeps you accountable for all of your actions. He's proven that he cares for each of his clients. He gives you that extra support and guidance that you might need

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

Being accountable for what I'm putting in my mouth.

14. How did you overcome them?

I'm working on it. It's a Day by Day issue

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

I am a lot stronger and my endurance has really gone through the roof.

16. Now that you achieved weight loss has your view of yourself changed?

17. How do you feel about your future?

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

I feel encouraged that I should be able to reach my goal.

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

Obviously not in a good place in my life.

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

Take the first step and make that phone call. I recommend Ryan at Wisconsin Personal Fitness! Give it a chance you will not regret it!