



The Transformation Challenge



Heather Dugay

Lost 125 lbs!

Cholesterol went from 207 to 180.

"I no longer get winded when I walked out to my car. While it hasn't been easy- nothing worth doing ever is. I've lost 125 lbs!"

* Heather lost 61lbs in the 12 week program, but continues to work hard and shed weight here at Genesys Athletic Club.

Larry Williams

Lost 66.4 lbs!

Cholesterol went from 186 to 153.

"My knees, ankles and hips have never felt better. I have been able to control my cravings and adjust my portion sizes. I feel better! I have lost 66.4 lbs!"



Ashley Garrett

Lost 64.2lbs!

Cholesterol went from 170 to 107.

"To know that I have my health back, and that feeling of being in control over what I put into my body, is AWESOME! Cholesterol went down from 170 to 107 now! I've lost 64.2 lbs and plan to run a Marathon this year."

Brett Rogers

Lost 49.4lbs!

Cholesterol went from 194 to 114.

"I have transformed my body so fast, that it still amazes me when I look in the mirror at this new person staring back. I Have lost 49.4 lbs and my Cholesterol has changed from 194 to 114!"

