

**“What Rob did for me, more than anything, was to get me off the 30 year rollercoaster.”**

In September 2006 I went to Rob and told him I wanted to lose weight for my daughter’s wedding. **Six months and 30 pounds later**, I looked my all time best for her big day.

You may say, big deal, there isn’t that much difference in the before/after pictures. Well, I could show you much fatter pictures of myself, but this is where I was on my 30 year rollercoaster of losing and gaining weight.

I have seriously battled this rollercoaster for 30 years and what Rob did for me, more than anything, was to get me off the 30 year rollercoaster. A year has passed since the wedding and I have maintained my weight. **That’s a first for me.** Yes, we would all like the magic solution to lose weight. There is not one, but Rob given me the key to a healthy lifestyle of nutrition and exercise. Having a personal trainer who not only helped me with my exercise but also monitored my weight, body fat, and nutrition program made the difference that got me off the rollercoaster and on with my life....**Thanks Rob!!**

