

I started my fitness journey at the start of June 2018. My motivation was and still is the thought of leading a healthier lifestyle. My main goals were losing weight, gaining muscle, and learning more about nutrition and weight training.

With Allie, my progress on those goals has increased tons more than I thought it could have in such a short amount of time. Losing 15 pounds would have been very difficult on my own, but with Allie helping me out, I'd almost say it was easy. My biggest accomplishment working with Allie is something I could NEVER have imagined happening to me - I now enjoy working out. Allie finds what her clients like doing at the gym and caters her workouts to that. Before working with her, going to the gym was something I dreaded. Allie has taught me more than I could have asked for during my time working with her. She truly has left a positive impact on my life.

- Peter Epro

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A couple of months ago (early June '18) I finally decided that if I was going to improve my health and fitness significantly, I was going to need help from somebody who knew what they were doing. I had a fitness evaluation done, and that led to signing up to work with a trainer.

It was my good luck that the person available in the time slot which worked for me was Allison. She has a very positive attitude and pushes me to do better than I thought I could do. Because of that I am noticing increased strength, and balance in only two months and my body is starting to shift its shape.

I work with her once a week, but over time we have put together a series of workouts I can use during the rest of the week. That is one piece of advice I would give to anybody working with a trainer...It's not just a once a week thing. Take advantage of what you are learning and push yourself to improve.

Honestly, Allison is a really strong person, and genuinely enjoys fitness and helping people reach their goals. My goal used to be to drop weight and be able to press my full body weight. Now it is to get as strong as Allison (not proportionally, just straight numbers).

- John Perreault

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I reached out for a trainer because I was looking for a less stressful way to approach fitness for soccer. In previous years, my training was not targeted toward my own personal goals as a goalkeeper. I was always left uncertain and extremely nervous about my preparedness heading into the soccer season. It didn't help that I was nervous to get into the gym because I had little experience with fitness off the field. Meeting with my trainer, Allie, who knew how to organize specific workouts for me was very effective in challenging my fears.

Getting professional, one-on-one training comes with a lot of advantages. I learned how to use gym equipment properly and without injury. Some of my favorite workouts now involve lifting, which I never would have done without Allie. Even when I couldn't make it to the gym, Allie was sure to give me other workouts to do at home to keep me on track. My training has helped me improve in many different ways and I'm extremely proud of how far I have come in the past couple of months.

My experience with a trainer could not have been better. Each session is very personal and it's great to get to know someone who is so motivated about fitness to inspire you every step of the way. It sets a great, accepting atmosphere for anyone who wants to improve, no matter

what that means for the individual. My training also helped me achieve my goals; I made the Varsity team this fall feeling prepared and confident. I would recommend a personal trainer to anyone, no matter what skill or experience, to help them achieve their greatest fitness goals.

- Briana Ankstits