

NEW YEARS CHALLENGE WINNER!!

DENISE'S JOURNEY

Denise Cunha, 42 year old Everett business owner & resident, Lost 7 pound, 4 inches off her waist, and totally changed her lifestyle, in just 8 weeks!!

"I'm so glad I decided to sign up. It taught me all about nutrition & fitness, becoming more aware of making healthy food choices, and started stretching daily and mediating

I just wanted to thank my trainer, Kahlea, for pushing me in our training sessions and reassuring me that anything was possible. Thank you to Nick, Maria, Gina & Sam for their weekly classes. They were very helpful & a great experience to workout with fellow challenge members."

"I would also like to thank Kristin. Because of her, I was able to get through the challenge. Her coaching skills were great. Always words of encouragement and kept me believing I could get through the challenge. Her daily posts reminded me to eat healthy, asked what we did for exercise daily, and keeps you on your toes. The efforts from her kept me going and helped me in so many ways."



"My future goals are continue to exercise at the Center 4 to 5 times a week, make good food choices, and drink lots of water. It's amazing how much better your body feels when you pay attention to daily water intake (something I learned from one of the challenge mini goals.)"