

Fitness

Dear Dan,

Thanks SO much for the great facility and the personal training/encouragement!!! In this past year it has been such an invaluable resource in my efforts to "get in shape"!

You have helped me think more seriously about my overall fitness goals. And this thinking has translated into better planning and follow-through! As a result of my training efforts I have found that I have better sleep, increased energy, more strength, and endurance!

Cross-country skiing recently I noticed that I was able to ski longer (several hours), and go a greater distance (8 miles or so) without sore muscles, aches or pains. I'm looking forward to my annual winter trip into Baxter Park to ski and climb Mt Katahdin. Being in better shape should make this trip "a breeze". I can't wait.

Your personal training helped me overcome an ankle injury this past summer sustained while running. As a result of the "rehab" I was able to come within a minute of my personal best time in the Maine 1/2 Marathon this past fall just 8 weeks after sustaining the injury!!! I am anxiously awaiting the upcoming running season. Looking ahead to future goals in the coming year I'm even hoping to try out a triathlon and/or full marathon! I'm even talking to several friends about the possibility of doing an "ultra" run which consists of 100 miles. None of this have been possible without you and your training tips/encouragement!!

For me fitness is now a lifetime pursuit!

Thanks again for the support,

David