

Life Had Changed

When I started training at Body Symmetry I weighted 272 lbs. I had very high body fat and had several medical problems that were life threatening. I was put on a personalized program. This consisted of weight training, cardiovascular exercise and a great nutrition plan, all approved by my doctor. I have lost a great amount of body fat and inches.

I am now getting ready to free myself from some of my medications that my Doctor approved. Thanks for giving me my life back.

Mary