

## Shaping Up

I was visiting from Kansas when I came across a Body Symmetry brochure. I wanted to start shaping up before summer, especially after the Christmas. I thought I would get some fitness counseling, so I called Body Symmetry and talked to Dan, the owner.

I made an appointment for the following day, to meet with him. I learned so much in the 1 hour conversation, than I had read in many fitness books and magazines. Dan put me on a detailed eating and exercise program. I am now home and a two months later I look and feel great. Dan had always continued to motivate me. I FEEL GREAT!

Thank you Dan,

Steve