

Caron Whitlaw-Hiebert Testimonial

Hi, remember me from my previous Shapes picture and story, WELL, I made it to me GOAL weight and measurements!! I have lost 198 lbs!!! in the last two years. I could never have achieved this tremendous life changing experience without my trainer Jodi. She designed my fitness program and kept me on track and accountable all the way through this incredible journey! Before I joined Shapes I was morbidly obese at 349 lbs! I could barely climb up and down a flight of stairs, my life and health was getting closer to living a shorter life span, due to all the excess weight, very poor choice of unhealthy eating habits and lack of exercise. Jodi taught me nutritionally what to eat, designed a program for me for working out with weights and cardio at Shapes. She continuously changed my program as I progressed in weight loss and strength. Jody planted the seed that one day to get me running, well that seed grew into one of my greatest passions. I did my first half marathon in June 2010, and ran the entire time! In July, I did my first tri a Duathalon, then my first sprint Triathlon in Clear Lake in August. I started Taekwondo last March and this fall went to tournaments in Minneapolis and Fargo and won medals! I am fifty! This is the best I have felt in my whole life, I have the energy of a teenager. I will be forever grateful to Jodi for helping me change my life forever. Now we are training and planning for my new goals in my sports.

- Caron Whitlaw-Hiebert



Before



After

3 MONTHS

\$129⁰⁰

Plus Enrollment
Fee & GST
Must present coupon.
See club for details.

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**2535
McPhillips**

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