



## TRAX TRANSFORMATIONS

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*Trainer name:* Dayton McPherson

*Date you started your fitness journey?*

Joined the gym July 2017, Started with trainer 9-12-17

I initially was reluctant joining the gym because of how I looked. I was very self-conscious of my weight, how I looked and the shape I was in. The medical practice I work for moved next door to Healthtrax and several of the management staff came to our building and spoke to us about the benefits of joining the gym. I was very impressed by them and thought I would give the gym a try. When I first visited the gym, the staff was absolutely amazing. They were extremely courteous and they seemed to be truly excited for me in regards to getting back in shape. One of the trainers walked me through the entire gym explaining all they had to offer. Joining the gym has been the best thing I have done for myself. It is a very non-judgmental gym with members of all ages. The staff is extremely friendly and helpful. Healthtrax fits my needs better than any gym I have belonged to.

*What were the problems you were experiencing before you started your journey?*

Not being able to keep the weight off that I had lost. Not being able to walk a flight of stairs without getting winded. Not being able to stick to an exercise regime.

*Had you tried any other solutions previously?*

Yes, I had joined other gyms in the past but never stuck with them.

*What led you to Healthtrax?*

Convenience, it is right next door to where I work. And several of our patients belong to this gym and spoke very highly of it.

*What is your favorite thing about Healthtrax?*

Working out with my personal trainer. He keeps me motivated and on track. He's made me love exercise.

*What is your favorite moment/experience during your time at Healthtrax?*

I learned to love exercising and the trainers voted me client of the month for all the hard work I've put into my healthier life style journey.

*What are some of the benefits you have received?* New friends. Self-confidence. The understanding of how exercise helps me and how to do them correctly. How to put my own exercise program together.