



## TRAX TRANSFORMATIONS

Steven Katz Garden City, New York

Dear Chris...I was so pleased to hear that Nico will be recognized for his great work at your corporate meeting this week. I think he is highly deserving. However, I wanted to bring you up to date with how Nico has impacted my life in the past 4-6 weeks since I first wrote to you.

When I joined Healthtrax I was 232 pounds. I am 62 years old. I have been an insulin-dependent diabetic for over 20 years, primarily because of my weight. I have taken a total of 5 medications for my diabetes. Early on, Nico inspired me to see him on a regular basis. The way he made me feel helped to motivate me to include better eating in my new lifestyle. Early successes led to improved awareness. As of this writing, I am 201 pounds. I was hoping to be under 200 for the first time since I graduated college when I wrote this. Perhaps after shoveling snow tonight or tomorrow morning, I will be. The fact of the matter is I WILL BE ABLE TO SHOVEL THE SNOW when it stops. I have also been on 3 blood pressure medications. In the past, I always wondered if I would have a heart attack from shoveling. Tomorrow, I'm going to also shovel my two elderly neighbors' driveways. I feel the best I have felt as an adult. I have been taken off of one BP medication and the two others have had their doses lowered. And, for the first time in 20 years, I AM NO LONGER A DIABETIC. I am off Insulin and I have been taken off my other diabetes medications. My blood sugar has been running normal without medication. I don't have to tell you how this has changed my life presently. I am also confident that Nico has helped me to achieve a lifestyle that will prolong my life and enable me to enjoy it for a much longer time. Thank you to Nico for being such a great influence and such a kind young man.

Sincerely,

Steven M. Katz, DMD, MAGD

### Steve's Facebook Post:

I do not often post on Facebook, but I wanted to relay the great experience that I have had since joining Healthtrax in Garden City, NY in November 2017. The equipment in the gym is well-varied and maintained in excellent condition. Both the gym and locker room are immaculately clean. The staff has been very courteous. In particular, I'd like to thank one of the trainers, Elliott, for his encouragement and advice on the gym floor. He regularly asks how I am doing, shows a sincere interest and is helpful to me in giving numerous pointers on technique and form. The highlight for me has been working with my personal trainer, Nico. Nico is unassuming, but is the most knowledgeable personal trainer that I have ever worked with. I am a 62-year-old ex-high school and college athlete who has had 7 shoulder surgeries and numerous other orthopedic surgeries. He shows true concern for not aggravating former injuries and is very innovative in making my workouts challenging, interesting and fun. I demonstrate the best knowledge of working around injuries that I have encountered after many years belonging to gyms. I take medications for hypertension and diabetes. In 3 months working with Nico I have lost more than 20 lbs, reduced my waist by 4 inches and incredibly built up my strength and endurance. Even more important, I have significantly lowered my blood sugar to the point that I am weaning off some of my medications. My peak heart rate has come down by over 40 and I feel the best I have felt in years. I am very appreciative of what Nico has done for me and I very much look forward to how far he will help me reach my goal of improved health and a longer life.