

# SUCCESS STORY



## Cathy Cole

I started strength training with Alloy almost five months ago. I have always loved working out, but due to health challenges, I hadn't been to the gym for over two years. During that time, I became overweight and lost strength and endurance. Also, although my diet was considered healthy, I wasn't getting enough protein. I really wanted to get back to the gym but was hesitant because I felt the need for coaching.



Then one day, I met Logan, and we did the InBody scan. A few days later, I came for my intro. Logan explained how much protein I needed. I didn't know how I would manage all those grams, but the next day, I modified my diet. A day later, I had my first workout. I was very inspired with health as a top priority, getting started again with the coaching support I needed... yay!! The coaching staff has far exceeded any expectations I could have had. I love and appreciate each one and their amazing expertise.

When I started, I wanted to lose weight without losing muscle. I wanted to regain strength, regain endurance, and return to the health I love. With the support of Alloy, in less than five months, working out 2 x a week, I've lost almost 14 pounds while gaining approximately 3 pounds of muscle. I'm super happy about that. My body fat has dropped from 32% to 23%. I feel strong, I have energy, and I'm more confident. A completely unexpected bonus is that after struggling my whole life with balance, my balance is now a strength. This is wonderful, and I'm not stopping!

***" I feel strong, I have energy, and I'm more confident."***