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Mary feels younger at 85 than she did at 80

JULY 14, 2010 - "I'm 84, and I feel younger today than I did that first day five years ago when I started working with Brad," says Mary DeVaul, a client of Bodies by Brad and Jen.

"I still remember when my doctor told me I should start working out to keep up my health. I was 80 years old and I hadn't worked out a day in my life, so going to a gym was a scary thought. Brad not only showed me what to do, he took me under his wing and became my fitness resource."

"Brad" is Brad McCleary, certified personal trainer and co-owner of Bodies by Brad and Jen, a unique fitness studio that recently re-located to Lee's Summit from Independence. The "Jen" of Bodies by Brad and Jen is Jen McCleary, a certified nutritionist, personal trainer, co-owner, and Brad's wife.

Brad comments, "Mary has been a great client and through functional training has seen amazing progress in her strength and balance, both very important for her age. She is not only a model client; she is part of the family. Health and fitness should be for everyone, and we're here to provide motivation and support on the path to a happier, healthier life."

Brad and Jen have been successful helping their clients on that path. They work with clients from ages four to 86, and have inspired a combined weight loss of over 2,000 pounds for their clients in just five short years. Brad and Jen work with clients to meet individual goals, and have fun while doing it.

"I think we offer a unique service by providing an environment that is comfortable and not intimidating. Our atmosphere is very relaxed and family friendly. It isn't a meat market like some other fitness facilities and personal training services tend to feel like," says Jen.

Mary agrees, "I give complete credit to Brad and Jen for keeping me motivated and excited to come to the gym each day. I am truly thankful to them for the way that I feel and the energy I have found. I feel completely comfortable working out with them. They took the scary out of working out."

For more information about Bodies by Brad and Jen, visit their Web site at www.bodiesbybradandjen.com

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If you would like more information, or want to schedule an interview with Brad or Jen McCleary, please contact Brad at 816-225-6911 or by e-mail at bradandjenm@gmail.com.