Good morning, Jared. Unfortunately, due to financial considerations, today was my last training day with Will George for next few months or so. I declined to participate in the "Success Story" option, preferring to not be put on display. Nonetheless, I want to share my success story with you because it is a success story for Will as well.

Approaching 50, I decided last summer that I had had enough of the steady weight gain I had experienced the past 20 years. I knew I needed to do something differently. My meager attempts the past few years had yielded more weight rather than less. So, I made an appointment to meet with Christie, your trainer manager at the time. I told her that my top consideration was weight loss, and that I needed to work with someone who would hold me accountable and "not make me throw up". (A friend had told me of a bad experience at a Gold's Gym.) She connected me with Will.

Since our first session on July 30, Will has been a great coach and guide. He developed a diet and exercise plan that worked for me. Not only have I lost over 25 lbs (225 to 198), but I have muscle definition I have not seen since my mid-20s. He pushed me to meet and exceed all of my expectations. On a regular basis he approached our 7:00 AM workouts with high energy and cheer. I can be a grump in the morning, but by the end of our workouts we were always laughing. I would be exhausted but feeling good.

We spent most of our last session today talking about how to go forward alone for awhile. I am very grateful that he took the time to share some of his workout plan secrets so that I can continue with my progress. I am disappointed with this turn of events, but confident that I can keep up the good work. I look forward to contacting Will again in a couple of months to restart our training sessions.

You have a great guy and a damn fine trainer in Will George.

Thank you,