

Matt P. : One of the Best Decisions I Ever Made

Before I started working with Mike, I was aware that I needed to get my act together fitness-wise. It'd been about a year and a half since I'd played on the JV football team, which kept me in decent physical shape. Since then, however, I'd kept awful eating habits, and gotten little to no exercise. I was in a pretty bad way that first day I decided to go to Mike with my dad.

Putting the effort in with training and eating right has been one of the best decisions I've ever made. I am in the best shape of my life, and Mike has been there to push me physically, coming up with original, balanced workouts, and to help me nutritionally, by setting me up with a manageable and successful nutrition plan. Not only does it feel good to look better, but I've found that I've just felt holistically better. I would highly recommend Mike to anyone looking for a fitness trainer, or anyone who's looking to feel better in general.

May 25, 2013

October 26, 2013

