

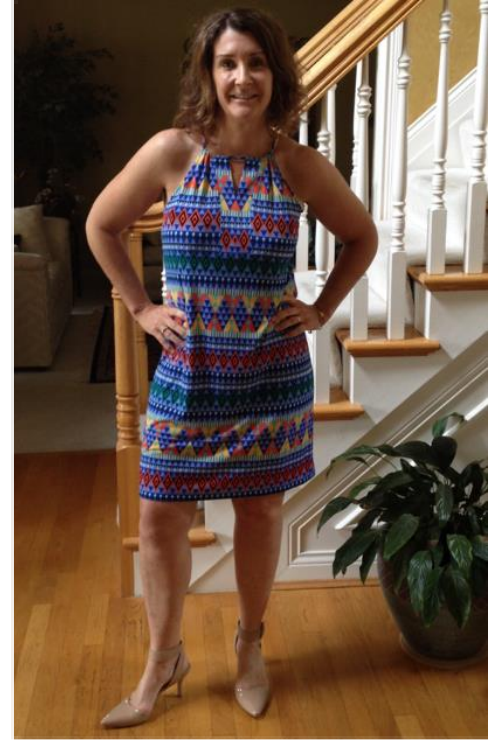


## MY MIKE SHANNON FITNESS COACH STORY

### Kathleen H. : I am so Happy with the Way I Look and Feel!

I arrived at Full Spectrum Fitness in July of 2014, heavier than I had ever been with a body fat percentage in the “obese” range. Needless to say, I did not feel good about myself and was frustrated with failed attempts to lose weight and get back in shape. I met with Mike Shannon for a consultation and we discussed my 3 month short term goal to lose 10 pounds and 5% body fat for my nephew’s wedding in October. Mike asked what my long term goal was. I could not answer because I had yet to achieve a short term goal.

I exceeded my short term goal for the wedding with a great nutrition plan, personal training, cardio and challenging bootcamp and tabatta classes. The atmosphere at Full



After - August, 2014



Before - July, 2014

Spectrum is open and friendly among the instructors and the gym clients. It’s like a team for fitness success and everyone supports each other. One year after starting at Full Spectrum I have lost 20 pounds and 15% body fat – placing me in the “fitness” range. I am so happy with the way I look and feel now. I did put in the hard work in the gym and discipline in the kitchen but I owe it all to Mike Shannon, and the fitness instructors and personal trainers at Full Spectrum.