

June Student Spotlight 2016



**BE SOMEBODY
WHO MAKES
EVERYBODY FEEL
LIKE SOMEBODY.**

CYNDI SZOMBATHY

**CONGRATULATIONS CYNDI, WHO LOST 4.5%
BODY FAT, 6.25+ INCHES AND 15 LBS. SHE**

**HAS A FEW MORE WEEKS TO GO IN BIKINI BOOT CAMP WITH MORE RESULTS
FORTHCOMING! IT WAS A PLEASURE TO MEET HER ON MARCH 1st, 2016 AND I
KNEW RIGHT THEN THAT SHE WAS READY FOR THE CHALLENGE AND WAS
GOING TO GIVE IT HER ALL! I ADMIRE HER FOCUS, DEDICATION AND POSITIVE
ATTITUDE. SHE WORKS HARD IN ALL THE VARIETY OF CLASSES SHE
PARTICIPATES IN AND SHE IS 100% COMMITTED TO LOGGING HER FOOD IN
FITNESS PAL, TAKING CLASSES CONSISTENTLY AND HAS SHOWN TREMENDOUS
RESULTS! SHE ISN'T DONE YET IN REACHING FOR MORE GOALS WITH BEACH
BODY BOOT CAMP THIS SUMMER! SHE IS AN INSPIRATION TO ALL!
CONGRATULATIONS CYNDI!**

Over the years, like so many people, I have been getting fluffier and fluffier. More and more of my clothes were getting banished to the attic, stored there because, of course, someday they will fit me again. (Most now long out of style!). I had tried different programs and diets that worked a

little bit but faded away. My friend Sue told me about this wonderful Boot Camp class. Well, I thought that sounded like it would be a little too extreme for my fluffy state! Months went by. After being told by my doctor that I was border line in my sugar and cholesterol, I knew something had to change. I bit the bullet and joined the Spring Boot Camp class. It was the best decision I could have made! The results that I achieved were amazing. Logging in everyday to MYFITNESSPAL and having Melissa make changes and suggestions were extremely helpful. The classes were very challenging but fun. No two classes were the same - something I really liked. I was so ecstatic with the changes in my body after eight weeks that I had to join the Bikini Boot Camp to keep the momentum going. I am healthier, feel better and look better. Many thanks to Melissa, her wonderful enthusiasm and challenging classes that push you to be your best.

Cyndi

(I had my follow up visit with my doctor. I shocked him! All my tests had much better results and I had lost 18 lbs since my last visit! He was very impressed with the changes! Melissa, I can't thank you enough!!)