

Success Story

Kathryn Stone



BEFORE

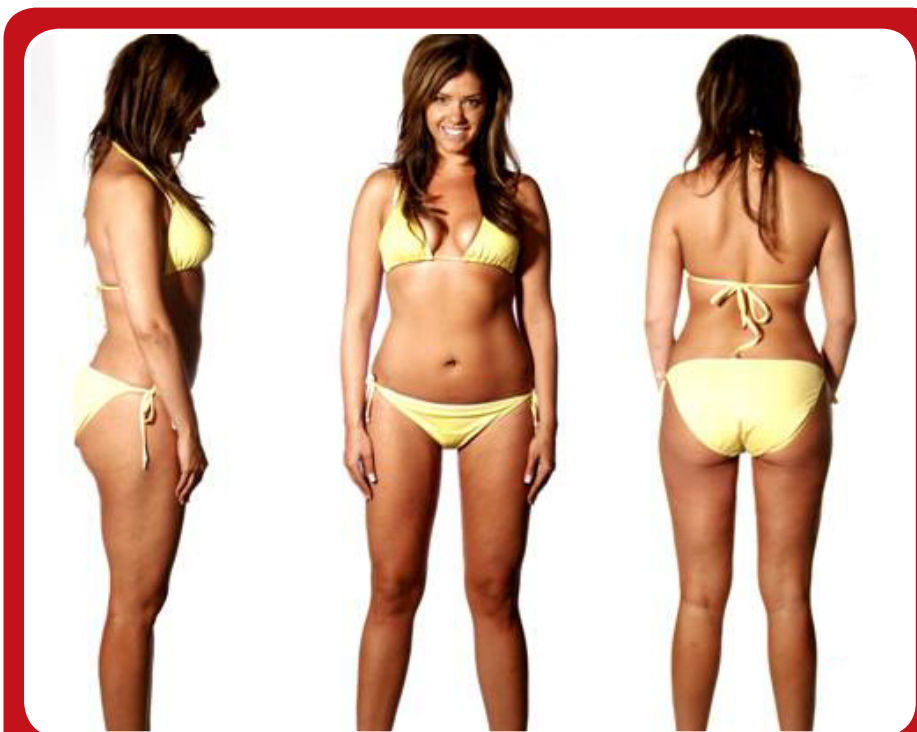
Height: 5' 11" Weight: 189 lbs.
 Body Fat Percentage: 29.2%
 BMI: 26.4
 Size: 12-14

"After enjoying many late nights of clubs and cosmos, I woke up one morning only to realize that I was not looking my best, actually I didn't recognize myself! My body looked unhealthy and I was overweight from my party lifestyle and bad habits. I now look and feel better than ever! My custom Encore meal plan was the easiest I've ever followed.

The success from working out has opened so many doors. I am now working as a professional model with an agency (www.kathrynstone.wetpaint.com). Recently, I was awarded the title of "Miss Henderson International" and am getting ready to compete for the Nevada state title. Thanks LVAC and Encore Personal Training!"
 -Kathryn

Trainer Carol about Kathryn:

"Her cellulite disappeared by feeding the muscle and burning 19lbs. of fat the right way in the gym. She refused to take any shortcuts, even over the holidays."



AFTER

Weight: 170 lbs.
 Body Fat Percentage: 21.3%
 BMI: 21.3
 Size: 8-10



Encore Trainer, Carol Strom

For more information about Kathryn's transformation, call Carol Strom, founder of Encore Personal Training at (702) 845-4100 and conveniently book online www.RockYourBody.com



LVAC

Success Story

Ken Bossing

BEFORE

Weight: 220 lbs.

Body Fat Percentage: 22.8%

Waist Size: 40"



I went into the program not having worked out consistently since college and a bit worried if I would be able to keep up with everything this new trainer was going to throw at me.

Real Results Trainer Denny was such a huge source of strength and motivation that my concerns and doubts quickly subsided and a sense of belief set in. Denny's training style is very tough and he leaves no room for whining or excuses.

He pushed me beyond my limits always requiring more of me than I would have ever required of myself in the gym.

Every week that passed I could feel myself getting into a routine with the eating program, dropping weight and getting stronger. These positive results provided me a huge sense of accomplishment. My workouts with Denny were never the same making each session a new and exciting adventure. - Ken



**Real Results Owner
Paul Rosenberg**

For more information on Ken's transformation and how Paul can help you, call 702.204.5247 or visit realresultsfitness.com.



AFTER

Weight: 181 lbs.

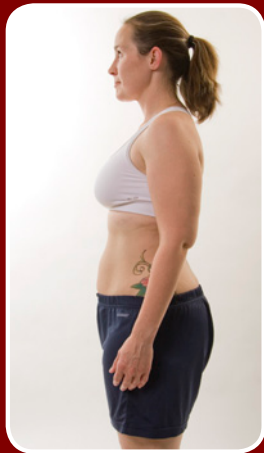
Body Fat Percentage: 17.16%

Waist Size: 34.5"

Time Elapsed: 8 Weeks

Success Story

Melissa Krohm



BEFORE

Weight: 149 lbs.

Body Fat Percentage: 28%

Waist Size: 31"

Melissa's Story:

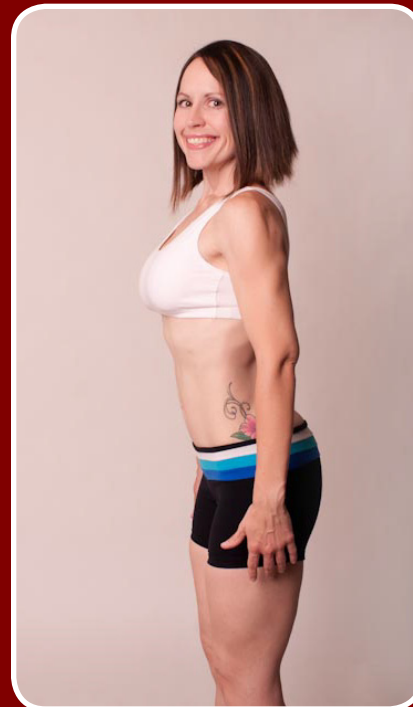
Simply stated Elite Fitness has changed my life!

I first met Lisa Maloy in February 2008, and I knew right away she was an amazing person. She helped me reach goals I never thought were possible. With the changes she made to my training and nutrition I was able to get my body fat down to just 15%, the lowest it had ever been.

Then I got pregnant and had another son in February 2009. When I was ready to start losing that baby weight, I started training again with Lisa and Elite Fitness. In the last three months I have gone from 149 pounds with 28% body fat down to 111 pounds and 12% body fat! And I feel amazing... not like a mother of two children under three years old. I give all my thanks to Lisa Maloy of Elite Fitness. Their programs and her dedication to me and my goals has given me confidence and self-esteem I never thought I would possess. Thanks to this new body, I am now training to be a figure competitor!

Trainer Lisa about Melissa:

Melissa is an extremely hard worker. She exemplifies the true meaning of dedication, commitment and perseverance.



AFTER

Weight: 111 lbs.

Body Fat Percentage: 12.67%

Waist Size: 24.5"

Time Elapsed: 12 Weeks



**Trainer,
Lisa Maloy**

For more information on Melissa's transformation and how Lisa and Elite Fitness can help you, call 702-882-6871 or visit www.elitefitinc.com

Success Story

Mike Buczek



BEFORE

Weight: 162 lbs.

Goal: Weight Gain, Muscle Mass and body fat reduction

Mike's Story:

I think the hardest thing about changing your body is finding the right trainer to really make it happen. It is so easy to fall off the wagon. I was a tall, skinny guy all my life until I started working out with Don Niam.

Sure I put in the work, but to change so much in such a short time would have been impossible without Don. Don has what very few other trainers have – years of weight training and martial arts experience that works. Don is the real deal. Some trainers just show up for work, but Don practices what he preaches. Take my word for it - if you are serious about getting results, Don can make them happen.

Trainer Don about Mike:

Mike had never worked out and was determined to have a strong and balanced physique. Mike followed a high protein diet and trained hard and consistently. He followed all my direction and created a lean hard physique adding 28 lbs. of muscle in 6 and ½ months. Mike's results are what being a trainer is all about.



Trainer, Don Niam

For more information on Mike's transformation and how Don can help you, call 702.610.3896 or visit www.nitrokick.com



AFTER

Weight: 189 lbs.

Added 3.5" to arms,

4" to chest, 4" to quads, 1.5" to calves & lost

5.75% of body fat. — Time Elapsed: 5 1/2 mos.