

# 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](http://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](http://www.RockYourBody.com)

