

Tory Logsdon

Down 28 Pounds & 35 Inches so far . . . And NOT done yet!!

I know that every good weight-loss success story begins with a statement of how many pounds and inches were lost and even though that is a component of my journey, **to me inches & weight loss was not the most important.** I came to the fitness center ten months ago with a weakened heart and high cholesterol. I was overweight and the weakest I probably had ever been. **Something needed to change.** The catalyst to get me through the fitness center doors was the **Melt Down** and what **kept me going** was the supportive and friendly staff and the amazing guidance I received from instructors like Dawn. **My journey is far from over but my heart is strong and healthy and my cholesterol levels are where they need to be.** I look forward to staying the course with continued weight loss and strength gain.

A big shout out to everyone at the fitness center who has helped to Motivate and Inspire me!

Before



After



“To me inches & weight loss was not the most important. My journey is far from over but my heart is strong and healthy and my cholesterol levels are where they need to be”

“A big shout out to everyone at the fitness center who has helped to Motivate and Inspire me!”