



LISA APANA

Transformation: 65 Pounds.

Trainer: Mike Moorman

I started my journey by looking for a trainer in December 2012. I realized I wanted to find a gym and a trainer who could listen to exactly what I wanted to achieve. I looked through the internet, found Absolute Fitness, sent off the email and held my breath. Mike quickly responded to my email via phone call, we met and I looked no further. He listened to what I wanted to achieve and we started in January of 2013. Mike cheered me on, changed up the workouts and helped me anytime I needed it. I truly felt he was fighting my battle with me. By June of 2013, I had shed 65 pounds and gained a new self confidence.

Mike takes into account exactly what I wanted to do AND pushed me further. I started out only wanting to shed the excess weight, and in the end gained more muscle that I had ever tried to do on my own. We measured every three weeks religiously. I actually looked forward to it! He changed the way I looked at myself, food and physical fitness.

The new facility is fantastic! The expansion is wonderful and Mike has really outdone himself this time. Mike is the best of the best. Thanks SO much for everything Mike, you are a shining example of what trainers should be in the gym!!