



SARA VINCENT

Transformation: 99 Pounds.

Trainer: Mike Moorman



I started going to Mike at Absolute Fitness in 2009. I was at a point in my life where I knew my weight was very unhealthy and I was determined to do something about it. I had tried (and failed) many times to lose it on my own, but nothing worked. Then, thanks to help from my dad, I met Mike. At first I was nervous, but it took Mike no time at all to calm me down. Right out of the gate he was supportive of my goals, very informative, and easy to talk to. It almost seemed like he instantly changed from a complete stranger to a friend.

His workout was varied and always challenging. Mike had a knack for mixing things up and keeping every session fun. I never once dreaded walking into his gym; in fact it was quite the opposite. For the first time in my life, I was looking forward to working out. Mike also helped greatly with my diet, guiding me on what to eat in order to lose weight. Plus, he also always made himself available if I had questions.

With his help and my hard work, I lost 99 pounds in ten months! It changed my life and I truly could not have done it without him.