

The Biggest Winner Contest

January 15, 2007-April 15, 2007

Winner

Ms. Mary Jackson

Member Profile

Joined: 1/8/07 **Age:** 33

Pre-contest: Size 20.....200 lbs.....31.4% body fat...unhappy, low self-esteem, clothes would not fit, high stress and Dr. told her she needs to join a gym and lose weight.

Post-contest: Size 12.....173 lbs.....23% body fat (lost 20 lbs. of fat!!!!!!!)...very happy, new clothes, has not been close to 170 since 9th grade in high school, excellent self-esteem and feels great!!!!

Why chose Enhancing Health: very affordable, very motivating and professional staff, 24-hour access and excellent equipment. 1st gym she ever joined.

Key to Success: advice she first received during her orientation- "consistency is the key to great results."

Next Goal(s): lose 15 more lbs., increase muscle tone, run a 5k and start working with a trainer.



Mary at
+200 lbs.
and size 20.

Mary with
her new Tivo
machine.
Way to go
girl!



Mary now at
173 lbs. and
size 12 and
looking and
feeling great!!

"I was spending \$29 on a dinner at Red Lobster, but now I am spending \$29/month at Enhancing Health and getting healthy."

And you can too! Just ask!

678.205.1390 or www.enhancinghealthinc.com

