



GET YOU IN SHAPE

2011 Client of the Year

Nominees



Make a Difference!

Nominees for Get You In Shape's 2011 Client of the Year Awards.

Each of the Nominees are winners for making the changes that have benefited their lives. Each has their own special story that we all can be motivated by. We hope each of you continue to motivate, inspire, encourage and hold each other accountable to keeping the journey going!



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Get You In Shape Client of the Year Nominee #1

Allison Jones



My name is Allison Jones and I live in Coppell, TX. I joined Get You In Shape in February of this year and I would absolutely say that **the last 10 months have changed my life** for the better.

Where you were at in your life before Get You In Shape? What did your life look like? Why did you decide to join Get You In Shape? Before I joined I was in the midst of trying to get back in to shape after my son was born in May, 2010. With a 4 year old at home also, time for me was very hard to come by and the first thing that dropped off the list was being able to go to the gym. I had been doing Weight Watchers for several months and had some good results, but I just couldn't find time to go to the gym and had hit a plateau.

I had seen the Get You In Shapers out at the park on the weekends and had been interested for a while but never got the nerve up to inquire about it. I even saw the Groupon in December and thought that there was no way that I could do something like this. I ended up finding out that a friend of mine was doing GYIS already and after talking to her about what it was really all about and how she fit it in to her schedule; I decided that I could do this. I signed up to start in Feb and was very excited for that first class. It was freezing cold but I loved it...and then it snowed...and there was no class for the rest of the week. And then we started again the next Monday and more snow. So, my first month was a little slower than I would have liked. Even with that, I still lost a good chunk of inches and a few pounds too. I really liked the program and the motivation from the trainers. Everyone was so welcoming and helpful as well and by the end of the month, I felt like I was getting the hang of things.

What was your first experience or first impression with Get You In Shape? I was really impressed and excited about the way that the trainers worked with the new boot campers and all of the great instruction on correct form, etc. I have bad knees and have never been able to do things like squats and with the correct instruction, all of a sudden I found myself doing squats and lunges and actually liking them. I decided that I was going to stick with it for a few more months thinking that was all that I needed. I was slowly moving down on my measurements but definitely feeling better and stronger with each passing month. In May I realized that this wasn't a short term fix that I needed so I signed up again until the end of the year.

What do you like the most out of the Get You In Shape program? The thing that I have liked the most out of boot camp is the variety of exercises that we do (things never get old because we don't do the same things each time) and the challenge from the trainers. There is never aggressive pressure to step it up, but the gentle reminders from the trainers to push yourself a little harder...try a few push ups on your toes, etc, makes a big difference to me.

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Get You In Shape Client of the Year Nominee #1

Allison Jones

What is your proudest moment or from the Get You in Shape program?

The biggest accomplishment to me this year (besides learning to get up at 5am to work out) has been the introduction to Advocare and the 24 day challenge (see my 24 Day Challenge Story at the end of this). I had thought about doing the 24 Day Challenge multiple times since May and again, never got up the nerve to do it but then in August they did the big Challenge and contest. I thought that this was my time to get things on the right path again and to finally shed a few of these pounds that crept on over the summer. As you can see from my submission on the Challenge, it truly changed my life and my family's life, and I won!

This was the first thing that I've ever done like this that I've won and I can't tell you how proud of myself I was and how proud my family was. **I ended up losing 11 pounds in just 24 Days** and completely changing the way that I eat, snack and look at labels. It has been a great addition to the GYIS program that I've kept with me since I finished the challenge and I plan to do the challenge again after the holidays.

Another major accomplishment for me has been running the mile. I dread it almost every time we get ready to do it, but I feel such a sense of accomplishment afterwards and I love the way that it makes me feel.

Overall, this has been such a wonderful year for me and I truly believe that I owe a great deal of it to the GYIS team. I've **been able to shed the baby weight** that I was trying to get off which has led to a renewed sense of self confidence from looking better, getting stronger, and also from feeling better. **I have so much more energy now** (thanks a lot to [Spark](#) and the changes that I've made from the 24 day challenge) and that has allowed me to enjoy being with my kids and husband so much more. It's so wonderful to come home from work and to have the energy to play with my kids and then to spend time with my husband after they have gone to bed. And I've felt a great deal of accomplishment knowing that I get up every Mon/Wed/Fri to work out with people who I've gotten to know and with trainers who honestly care about helping people make their lives better. I really do love getting up every morning to go and work out and recommend the Get You In Shape program to anyone who is interested in getting their bodies and lives back on track.

Here is Allison's 24 Day Challenge Story from August

My name is Allison Jones from Coppell, TX. I am a Director at a commercial real estate company in Irving

2. Where were you before the 24 Day Challenge and why did you decide to join the 24 Day Challenge?.

Before the 24 Day Challenge I was in a good routine of working out before I started the Challenge but had let my eating slip off considerably over the summer. We had lots of visitors, parties, etc over the summer and we ended up eating out too much and letting our kids do the same. I had thought about doing the challenge for several months but was always making an excuse....May it was my son's first birthday and Mother's Day, then it was Father's Day and my birthday and then family in town. I was really excited when I saw that you

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Allison Jones

guys were doing a bigger challenge this month and knew that this was my time to not make excuses. The main reason that I decided to join the challenge was to get myself back on track. I was unhappy with where I was eating wise and how it was making me feel and I really wanted to get off some more of the weight that I am trying to get rid of from my last pregnancy. I was hoping that this could really get me back on track and get me back in healthy habits.

3. What was your impression with the first few days of the 24 Day Challenge?

It wasn't nearly as bad as I thought it might be. By having a few days after meeting with Cynthia to shop, etc before getting started, I feel like I was really ready when I started. The fiber drink was probably the worst part of it but Chaney suggested mixing it with a shake and that made a HUGE difference. I was also very pleasantly surprised that I wasn't hungry or craving things. I was amazed that eating more protein in my snacks could really keep me more satisfied. I found myself not snacking while i was making dinner and not craving carbs the way that I thought i would. I also really liked the check list. It really kept me conscious of following the plan. Overall, it was much easier than I thought it would be with a bit of planning and following the plan.

4. How is the 24 Day Challenge program unique – why you enjoy it – why is it different than other programs you have tried?

I've never tried anything like this before because I was always worried about how safe they were, etc. I have friends at work who have done "cleanses" and it just looked miserable. They could only eat vegetables for the first week and were taking tons and tons of pills. It just looked horrible. I had talked to a few people at boot camp who have done the challenge and they really seemed to enjoy it and I definitely trust all of the people that I've talked to and you guys. I've done a lot of Weight Watchers over the years, and although I've had great success with it at times, looking back, I feel like it wasn't necessarily teaching me how to eat better food. I definitely learned portion size and watching calories, etc, but this system really has me looking at ingredients and labels a lot more. I feel like I'm eating the right kinds of foods and learning that even though other programs had me eating lower calorie things, that this really showed me "better" foods. The snacking advice really made a huge difference too. Instead of just eating fruit because it's lower calorie, adding in a protein makes the snack much more useful, which is something that I had never done before. Overall, I feel like the program has really taught me a lot about food and what to eat/ not to eat and when, which is something that I now know that I struggled with.

5. What results and benefits you have received from the 24 Day Challenge?

I think (I can't remember what my initial weight was at the seminar) that I've lost almost 11 pounds. More than that though, I'm able to wear pants that I couldn't just 24 days ago and there are pants that I've been wearing for months that I put on and they are just too big. And, on a whim last night I tried on my pre-pregnancy jeans and got them on. I was floored when this happened. I feel like my body has changed so much more than I could have hoped for in this 24 days. I also feel like a completely different person. The improved eating has really made me feel great and I think that has helped my energy levels a lot. The

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Allison Jones

[spark](#) in the afternoon is wonderful too. I feel like I've been tired since I went back to work a year ago (after my baby) and no matter what I do, I don't have any energy at night. During this experience, I've found myself more awake and energetic at night, which has allowed me to spend more time with my husband and be more active with my kids. Overall, I feel that my whole family has benefited from me doing this program, but most of all, I feel better physically, mentally and better about myself every day.

6 What did you like best about the 24 Day Challenge?

I love the products and how I really felt like they helped me along. I was able to find some new products that I'm continuing to use that will continue to help me live a happy and healthy life. I also like and appreciate the way that you all coached us along and were always there to motivate us. It meant a lot to get the emails and to have you or Chaney checking up to see how things were going. And overall, the thing that I like best is that I feel like a new person and I don't want to stop this journey and I KNOW that I can continue this on to my goal weight and shape.

Here is another note that Alison wanted to send us

I wanted to thank you all for introducing me to the 24 Day Challenge. I truly think that **it's changed my life**. After I had my second child last summer I've really struggled to get back to where I was beforehand. I was in the best shape of my life before that and was working out 5-6 days a week. I was able to do Weight Watchers in the fall (which I've had very good success with in the past), but really stalled out around the holidays. That's when I found out about Susan Wilson doing the Get You In Shape boot camp and finally got up the nerve to start in February, on the snow week. I absolutely love boot camp and how much stronger and in shape it's made me, but I've **struggled over the last 6 months with my eating**.

I had heard about the 24 day challenge and knew a few people who had done it and really wanted to try it in May, but I always seemed to find an excuse...birthdays, Mother's Day, family in town, etc. When you sent out the email about the contest this month, I knew that this was my best shot at doing it. I talked to my family about doing it and my husband was very supportive and I've just been thrilled at the results. More than just the weight loss and the clothes that I haven't fit in to for a while, I just feel so much better. I was amazed that I could eat this well and not crave the carbs and sugar that I always felt like I needed. I was amazed that doing something like adding protein to my snacks would help keep me full longer. I've also struggled a lot with energy since my second was born. I have a more than 40 hour a week job plus family commitments, a husband who is a rugby coach and trying to fit in time for myself (which is normally boot camp), has been a real challenge. I've been **amazed at how much more energy I really have now with eating better** and the Spark. I really feel like this has been a great addition to my routine. I take it in the afternoon and I don't feel like I'm exhausted at 7pm anymore. I think that product is just great.

Overall, I'm just thrilled with the results of the 24 Day Challenge. **I have so much more energy than before and feel like my kids and husband are reaping the benefits of that**. I've also been able to turn around our summertime bad habits of eating out too much and eating convenience foods and we're all eating much healthier now. The interesting thing to me is that I thought that I would be craving all of this bad stuff when I got done with the challenge and I was surprised to find out that I really just wanted to have another salad for lunch today. I'm just amazed at how this has really changed my life and made so many aspects of it better.

Get You In Shape Client of the Year Nominee #2

Amanda Glassey



1. Basic Information Name, occupation, where you live, and how long you have been in the Get You In Shape program.

Amanda Glassey, project engineer, Coppell, TX, 10 months (started in February 2011.)

2. Where you were at in your life before Get You In Shape? What did your life look like?

I was unhealthy, out-of-shape and overwhelmed at how to start to fix that. I had just finished a master's degree in May 2010 that I had been pursuing for 5 years while working full time. That 5 years included little sleep, no exercise and a lot of fast food / bad food choices. I was at my highest weight ever and had been told by the doctor that if I didn't do something I was at risk for diabetes and other health issues.

In addition to all of that, my father died of a heart attack in August of 2010. I hadn't seen him in 10 years and when I did see him I saw what my future could be / would be if I didn't make some changes. He was morbidly obese, had previous complications from diabetes and then died early. I knew if I didn't start taking care of myself, I was headed down that same path.

3. Why you decided to join Get You In Shape?

This gave me a kick-start and I started to make different food choices in October 2010. I lost about 25 lbs over the next few months, but had hit a plateau and still didn't know how to get exercise in the mix. Get You In Shape ran a groupon about this time. I had heard about this boot camp but was intimidated by the name "boot camp" and my fitness level (or lack thereof). I figured that if I ever was, now was the time to try it. It was little enough money that I told myself that if I didn't like it I could just quit and not have invested a whole lot monetarily.

4. What was your first experience or first impression with Get You In Shape?

I was super nervous about even the orientation, and was relieved when I saw two friends from church there who had also bought the groupon. They graciously decided to come to the 5:30 am class with me (though they were originally going to do the 6:30 am class, thanks Margaret and Carla!) The next morning, I wondered what in the world I had gotten myself into. I was exhausted from just the warm-up! It went quickly though and soon enough it was over. I had made it through the first day and was still alive. **Chaney was encouraging and gave modifications / made me feel ok** if I needed to take a break.

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Get You In Shape Client of the Year Nominee #2

Amanda Glassey

I was glad no one was yelling like I imagined “boot camp” could be. I wouldn’t say I looked forward to coming back, but knew I could do it and was excited about taking a step to getting healthier.

5. What are some of the tools from the Get You In Shape program you have used that has helped you?

The resources that Get You In Shape has are great. I’ve learned the importance of breakfast and staying hydrated. I did the **24 day challenge** and while I’m still working on mastering the nutrition part of the healthy lifestyle, I saw how I’m supposed to be eating and had some great results that month. I also use the blog suggestions for off-day cardio when I can. I also **love that the trainers have modifications ready**. I have Rheumatoid Arthritis and while some days I can do it all, there are other days when my wrist, knee or hip is acting up and it’s more difficult. On those days it’s so nice to have one of the trainers tell me an alternate exercise so I can keep participating even if I’m doing something a little differently.

6. What you like most about the Get You In Shape Program?

I like that it’s **different every day and that I don’t have to think!** I love knowing that if I just make the commitment to show up, I will get a good hour of exercise in and never be bored! It’s the quickest hour of exercise ever, and dare I say, fun. I’ve also enjoyed getting to know the other boot camp participants.

7. How has the Get You In Shape program helped change your life. What are the results that you have achieved from the Get You In Shape program and how has the Get You In Shape program played a role in your results.

I’m not yet at my goal weight or fitness level, but Get You in Shape has definitely been a wonderful addition to my life. I now make myself a priority. I work my schedule so I can get to boot camp, whether it be at 5:30 am or 6:00 pm. I’ve lost another 25 lbs since I started GYIS boot camp and a bunch of inches. **I am 50 lbs. lighter than I was at this time last year and I actually enjoy exercising.** I’ve gone from going ½ mile in almost 9 minutes to 1 mile in a little over 12 (and I’m so close to breaking that 12 minute mark!) I eat breakfast every day now where I used to not. I eat smaller meals throughout the day now instead of just a huge lunch and dinner. But the biggest change is that I feel like I can do it. I’ve gone from overwhelmed to taking control. I look for ways to work exercise into my day and if I make a bad food choice, I do it consciously. I’ve made a lifestyle change – and it has benefited not only me. **My mom started boot camp this year too.** And we’re both signed up for a 5k to bring in the New Year. If you’d have told me that a year ago, I never would have believed you.

Get You In Shape Client of the Year Nominee #3

Brandon Cox



My name is Brandon Cox and I am a SAHD (Stay At Home Dad) or I as I like to call myself a “domestic engineer” with a wonderful wife, Monica, and 2 small children (Molly – 4; Evan – 2). I live in Coppell, TX and have been in the GYIS program for a little over 2 years.

Where you were at in your life before Get You In Shape? What did your life look like?

I was an athlete in high school and college. I played college baseball and coached collegiate baseball

while attaining my master’s degree. After graduate school, I was a golf professional until deciding to stay at home after my wife and I had our first child. Even though I had always been an active person, I was starting to become less and less active as I got older. I tried to work out, but was unsuccessful at sticking with it. I would work out for a month and then stop for two months, which was not doing much good. Keep in mind that I used to think “working out” was going to the gym to lift weights or playing golf (while riding in a cart!).

Why you decided to join the Get You In Shape Program?

My wife’s sister started going to a boot camp in Atlanta and immediately she and everyone else starting seeing results. After she explained the class to me, I thought that a “boot camp” workout would be something I would enjoy. I started looking into boot camps in the Coppell area and found Get You In Shape on the internet. In addition, my family has a history of heart disease and I had recently been put on cholesterol medicine and my wife who is an avid exercise enthusiast “strongly encouraged” me to pursue a healthier lifestyle. So, I talked my brother into signing up with me for the GYIS program thinking that we would only join for a month at the most and I am still here working out with GYIS over two years later.

What was your first experience or first impression with Get You In Shape?

I was impressed with the organization, knowledge of the trainers, and their confidence in the program giving you results. I have to admit that I was thinking how can I possibly get a good workout with 5 pound dumbbells and stretch bands; Boy, was I wrong about that! I also liked how the program stressed quality and not quantity. Not everyone is at the same fitness level and the GYIS program allows you to go at a pace that fits you.

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Get You In Shape Client of the Year Nominee #3

Brandon Cox

What are some of the tools from the Get You In Shape program you have used that has helped you?

The food journals really made me realize everything I was putting in my body and held me accountable for my eating habits. The **24 Day Challenge** is also a tool that I have used multiple times and have gotten great results. My wife and I use many of the [Advocare](#) products on a daily basis.

What do you like most about the Get You In Shape Program?

Accountability. Get You In Shape pushes me in my workouts and gives me the tools to be successful in reaching my fitness goals, but, ultimately I know it's up to me to put in the work. I have also made many friends at boot camp and I know they would give me a hard time if I missed a class.

Challenge. The variety of workouts always provides challenge and I am never bored with the ever changing and new workouts. I am amazed that I continue to be sore even after doing this for 2 years.

Star jumps. Just kidding!

How has the Get You In Shape program helped change your life?

I have lost 30 pounds. And most importantly, I have maintained my weight for over a year. Maintaining weight loss and keeping a healthy diet were my biggest challenges before joining Get You In Shape . I am definitely more conscious of everything I put into my body. I'm not always perfect, but I feel GYIS has given me the tools to easily get back on track. The weight loss has enabled me to clean out my closet and buy all new clothes!

I have become an avid runner (I hated running before Get You In Shape). I ran my first half marathon in March of this year and a second in October. I am running my first full marathon this December. My wife is an avid runner and now that I am running, we are able to run together. Training and running together has enriched our relationship.

Before Get You In Shape, I always felt lethargic and complained about being overweight. Now, I have more energy and just feel better. In addition, I never thought I would become someone who would wake up early to work out. The morning workouts are a jump start to my day and really make me feel so much better throughout the whole day and week.

Get You In Shape Client of the Year Nominee #4 Brittany Gauntt



My name is Brittany Gauntt and I am a stay at home mom in Coppell, TX

Where you were in life before Get You In Shape? What did your life look like?

Before Get You In Shape, I was a young mom of a very active two year old (with a second little one on the way) with less energy than my daughter's grandmothers. I would sit by and watch my own mother chase my daughter around the playground and wish I had the stamina to play chase too. While in college, I was active and exercised regularly, but after Anna Grace was born no one got much sleep at our house, I quit working out and we started eating out regularly. (aka: fast food.) While I have never had a big weight issue, there wasn't a muscle left in my body.

Why did you decide to join Get You In Shape?

After seeing how great my mom looked and felt while participating in Get You In Shape, she gave me 6 months of classes as my Christmas/post baby present. I knew that a regular gym membership wouldn't have the accountability I would need to start my journey back to Healthy.

What was your first experience or first impression with Get You In Shape?

My first impression of Get You In Shape was amazing and humbling all at the same time. I loved the friendly Trainers who were always willing to help, but to have to ask for a modification since I couldn't even do one sit up on the ab mat while everyone around me was cranking out dozens of sit ups was humbling.

What are some of the tools from the Get You In Shape program you have used that has helped you?

Some of the tools that have helped me are eating 5 smaller meals a day, off day cardio, the accountability from the trainers, weigh -ins, and the fun atmosphere of working out with people who become your friends.

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Get You In Shape Client of the Year Nominee #4

Brittany Gauntt

What do you like most about the Get You In Shape Program?

My favorite part of the Get You In Shape Program is the Trainers. I may not be very outgoing (especially at 6:30am after being up with the baby), but they always make you feel apart of a team, like you were missed if you don't show, and encourage you to get a few more reps even when you think you couldn't possibly do anymore. They are what sets this program apart from any other fitness program out there.

How has the Get You In Shape program helped change your life?

The most important way Get You In Shape has changed my life is the way I parent my daughters. Instead of swinging by Wendy's for chicken nuggets, we grill chicken at home. Instead of watching cartoons, we play chase around the living room. Instead of watching from the sidelines, I am climbing, sliding and jumping on the playground. I am more of the mom my girls deserve and that is a gift I will always be thankful for.

What is your proudest moment or moment or results from the Get You in Shape program?

When I ran (walked) my first mile run I came in second to last, only followed by a lady with a recent knee injury. While I may not know what it feels like to be the fat kid who can't run, I'd vouch that it is almost as rough as being the youngest, thin kid who can't run. Even while I was in college, I had never run a mile in under 10 minutes. After 6 months of Get You In Shape, I came in 2nd and ran an 8:52!!

How has the Get You In Shape Program impacted other areas of your life?

Our whole family's take on life has improved. My husband is my biggest cheerleader and supporter in our new lifestyle. I ride my bike to bootcamp when possible, I have actually worn out a pair of tennis shoes, and I have friends joining bootcamp because of the changes they have seen in me.

What are the results that you have achieved from the Get You In Shape program and how has Get You In Shape played a role in your results?

I have improved my sit ups from none to 18.

My Mile Run went from 12:10 to 8:52.

I lost 11.5 inches and 17 lbs.

But all of those numbers are meaningless if you don't have self-confidence. While I made my weight loss goal after 3 months, it took a grueling Ab month before I got my esteem back. Everyone tells you of all of the wonderful parts of having babies, but no one mentions the toll it takes on your body, and your self image, if you let it. While I may never sport a bikini again, I can finally say I am proud of my post bab(ies) body. I feel healthy, energetic and have found a new confidence I was afraid might be gone for good.

THANK YOU BRAD AND CYNTHIA and the Get You In Shape Team!

Get You In Shape Client of the Year Nominee #5

Chris Mayhan



My name is Chris Mayhan; I live in Coppell TX and I'm a product support specialist for WideOrbit Radio Automation Company that is located in Coppell TX as well. I joined Get You in shape in November of 2008.

Where you were in life before Get You In Shape? What did your life look like?

I have been a member of the Coppell Aquatic center for over 10 years. My workouts have always been fun social dance classes like Belly, Nia and Zumba. Even though I attend the gym everyday and did over an hour of cardio I was consuming more calories than I was burning. I stayed the same overweight and tired. I had no energy I was clueless about weight training and would never give a thought to doing push-

ups or running. My life has been stressful, working two jobs while trying to raise two children on my own.

Why you decided to join Get You In Shape?

In 2008 my company was purchased by Google and for the first time in a long time I was not worried about finances. My dancing friend Daniela from Nia told me about Get You in Shape Boot camp. It was evident that every time I saw her she looked better. More toned and fit. So I decided to give it a try. **My life changed from that point on.**

What was your first experience or first impression with Get You In Shape?

My first impression of boot camp was WOW I would never do these exercises on my own. I liked the one on one attention in a friendly group environment. The trainers are amazing and the fact that I was paying for it kept me accountable.

What are some of the tools from the Get You In Shape program you have used that has helped you?

I have become more aware of how much I am eating by using the daily log.

I print out the monthly calendar it's a great reminder to take my supplements and drink more water.

I love the **Advocare products** especially the spark before a 5:30 am workout.

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Get You In Shape Client of the Year Nominee #5

Chris Mayhan

What do you like most about the Get You In Shape Program?

What I like most about Get You IN Shape is the workouts are always changing never boring and very challenging.

I love the feeling of accomplishment when my mile time improves and I see that I am getting stronger.

I never thought that this type of exercise could be fun.

How has the Get You In Shape program helped change your life and what results have you achieved through the program?

The Get You in Shape Program has changed my life in so many ways.

I have more confidence in myself.

I have lots more energy

My cholesterol improved so medications are no longer needed.

My boned density improved

I am finally losing weight and have lost over 6 inches in my waist.

I am now a yoga Instructor helping other's to be more flexible

I have made wonderful new friendships

What is your proudest moment or moment or results from the Get You in Shape program?

I would have to say my proudest moments since I started the Get You In Shape Boot camp have been.....The first time I ran the mile without stopping, since then I joined the Carrollton Runners club and run 2 5ks a month.

Core month holding in plank for six minuets was another feel proud moment for me.

I have always had an interest in yoga but never in my wildest dream did I think I could be an instructor.

How has the Get You In Shape Program impacted other areas of your life?

Not only did the Get You In Shape program give me the confidence and the core strength I needed, but they also supported me. After my teacher training one of my first classes to teach was at Woman of Strength night at the Linder home.

The Get You In Shape Program is the one thing I do for me. It's a personal commitment I can't afford to lose.

Get You In Shape Client of the Year Nominee #6 Daniela Centeno



Client of the Year
Nominee

Daniela Centeno

I deserve to be the client of the year because I have been in this program for 3 years. 3 years? Yes, 3 years and I do intend to continue exercising. Have I mentioned that I exercise at 5:30 am? When I think what would have happened to me if I had not exercised for the last 3 years, I panic because I could visualize myself with postural issues like my cifosis getting worse, I would be afraid of dying of high cholesterol and taking medication, I could not keep up with my children, and I would feel old before getting there.

Exercising is not easy to me but it is getting easier. When I can not go to the class I do miss the exercises. I do not run marathons but I do my mile and I do run during exercises (on my off day I dance!). I got hurt racing my friend and playing soccer against my 10 year old daughter soccer team and because my body is strong the injuries were minimum. I do feel great! I love the well-being feeling that exercising and good nutrition brings me.

Like I said I'm not a super woman but I'm trying every day to get better. I feel so proud of myself and my colleagues for continuing doing it. Every day when I leave my bed to go exercise I do feel proud of myself! I love the compliments I receive from different people about how great I look and the weight I lost. I love that, but for me it is more than that, it is I'm fighting all diseases, I'm healthier for my family and I'm taking care of myself.

My postural issues have improved and I do love the fact that I can do what I can during the exercises! I feel great trying to improve every day. I still don't like burpees and yoga press but I can do them and I laugh every day after doing them because they did not make me to give up and I'm still facing them!

Get You In Shape Client of the Year Nominee #7 Deborah



My Name is Deborah and I am an Operations Manager and I currently seeking employment. I live in Coppell, TX. I have been attending Get You in Shape Boot Camp since January of this year (2011).

Where you were in life before Get You In Shape? What did your life look like?

Right before I joined the Get You In Shape program I had just lost my job after 33 years. With this big transition in my life I needed some form of activity that would keep me on a set schedule. I wanted to get in better shape, gain strength, and hopefully lose some weight along the way.

Why you decided to join Get You In Shape?

I have always exercised and found being in a group more fun than just getting on a treadmill. I saw a Groupon for the Get You in Shape Boot Camp in December of last year and thought why not give it a try.

What was your first experience or first impression with Get You In Shape?

My first impression of Get You in Shape was really one of shock. I was planning on just going to an exercise class but found out as soon as I walked into the orientation session this was way more than that. We got measured and weighed. Talk about accountability and motivation. The day after this was my first session of Boot Camp. I found the trainers to be extremely friendly, helpful and encouraging. They really take the time to ensure we understand each exercise and demonstrate varies levels so you can tailor it to your fitness level.

What are some of the tools from the Get You In Shape program you have used that has helped you?

There are numerous tools associated with the Get You in Shape program. What I use the most is the off day cardio. I also really like the emails during the week that keep me connected with the staff, which motivates me. I have also done the 24-day challenge.

What do you like most about the Get You In Shape Program?

What I like most about the Get You in Shape program is the group exercise classes. It keeps me connected to a group, which makes me want to exercise

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Get You In Shape Client of the Year Nominee #7 Deborah



How has the Get You In Shape program helped change your life?

The Get You in Shape program has really help to ground me this past year. Losing my job after so many years was a big blow and this program has given me the stability of a group to do something for my physical and mental health. I know this program has made me way more positive than I would have been this past year.

What is your proudest moment or moment or results from the Get You in Shape program?

My proudest moments during this past year have been when I see what more I can do. I know I am stronger than when I started, I have toned up and lost some weight. Just staying positive in a huge accomplishment and I don't think I could have done with out the Get You in Shape team.

How has the Get You In Shape Program impacted other areas of your life?

Again, I believe this program has helped me to have a more positive out look and made me happier while working through my job transition. I know I feel more confident since I am doing something to keep physically fit.

What are the results that you have achieved from the Get You In Shape program and how has Get You In Shape played a role in your results.

So, my biggest accomplishment through the Get You in Shape program is that I have stayed grounded, been physically active and I have a group that supports and promotes physical fitness, which for me feeds my mental fitness.

“Thank you” group exercise members and “Thank You” to the entire Get You in Shape Team.

Get You In Shape Client of the Year Nominee #8

Indro Dasgupta



My name is Indro Dasgupta. I live in Valley Ranch, Irving And I work as an economist at Mary Kay Inc. I have been with Get You In Shape since May 2011.

Where you were in life before Get You In Shape? What did your life look like?

Life was very sedentary before I joined Get You In Shape. I worked all the time and never did any physical exercise. I thought I had a good diet (now I know that was not true), flirted once every 6 months with the

thought of going to a gym, made it to the gym once or twice but promptly quit on some well thought out excuse. My Doctor had me on prescription medicines to fight my high cholesterol. She warned me I was medically "obese" and heading towards diabetes and told me repeatedly to get in shape. The year before I had quit smoking after 20 years, and was still having nicotine cravings. I did not sleep well and felt tired all the time. Looking back, all this made life pretty dreary and I was in a negative frame of mind. I knew I had to do something to change my lifestyle, but did not know what to do or how to do it. Friends encouraged me to join a gym or play some sports, but that did not happen.

And then, Get You In Shape came along

Why you decided to join Get You In Shape?

Got a deal from Groupon via email, saw that that the Get You In Shape program was close to where I live, on an impulse signed up and bought the deal in January 2011. For 4 months made lots of excuses to delay redeeming the coupon (cold weather, ice days, work, etc. etc.), and then finally took the plunge in May for fear of losing my Groupon deal.

What was your first experience or first impression with Get You In Shape?

My first impression was very positive. The orientation was great and Brad's enthusiasm and positive attitude got to me. Brad and his team explained everything very well. I was pleasantly surprised when they noted my weight and measurements because I did not know that these would be tracked over time to see the results.

The first day of class it was raining heavily and we went into the rec center. The lights were out and we actually worked out under a few dim lights which was good because I wanted to hide how badly out of shape I was! I liked the pace of the first class and the organized approach to fitness. I was a little apprehensive about what it would be like, and was worried that I would be the only one huffing and puffing through the exercises. I was happy to hear others groan as well!

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Get You In Shape Client of the Year Nominee #8

Indro Dasgupta

I liked the timing of the session I went to because I was done at 6:30 in the morning and had the whole day ahead of me. The trainers (Chaney and Cynthia) asked me a lot of questions, and gave me a lot of encouragement and I felt very comfortable, although I kept thinking "The trainers probably think this fat guy is going to drop out after a few classes". I am happy that I did not!

What are some of the tools from the Get You In Shape program you have used that has helped you?

The website and tips on the blog are fabulous, as well as the tips and tricks from Brad and the other trainers posted every week. The focus on exercises, food, mental conditioning, being positive, etc. all broadens my perspective on wellness and living a healthy life.

Recently I have started journaling on a website recommended by Brad (Livestrong.com) and that has been an absolute eye-opener. I have really controlled my food intake on the basis of journaling.

What do you like most about the Get You In Shape Program?

What's not to like? Here are just a few things I like about the program:

- Organized and timely
- Focused but not commercialized
- Overall wellbeing stressed, not just the physical aspect
- Encouraging and positive environment and great people, not just the trainers but fellow participants as well
- Holds me accountable
- Different routines and exercises make it fun
- Close to home, affordable

I can go at my own pace, I don't need to kill myself to get healthy!

How has the Get You In Shape program helped change your life?

The Get You In Shape program has changed my life not just by helping me attain some goals, but more importantly, the program has redefined my goals. Just one example: I find it so amusing that in the sign-up sheet in May, I had written down that I want to lose 15 pounds by the end of the year. In 7 months I have lost 36 pounds and now my target is to lose a total of 50 pounds by April 2012 (in 12 months). Even in other aspects of life, the Program is helping me redefine and expand my self-imposed boundaries

Get You In Shape Client of the Year Nominee #8

Indro Dasgupta

What is your proudest moment or moment or results from the Get You in Shape program?

My proudest moments have been to see the shocked look on my Doctor's face when she saw my blood test results after 6 months of Get You In Shape, and to see the reactions from friends and family. I think they all doubted I would change when I told them in May I was joining a Boot Camp. I am proud to have removed their doubts. More importantly, I might have even doubted myself, and I have overcome that as well.

How has the Get You In Shape Program impacted other areas of your life?

One word: ENERGY. The Program has given me tons of energy for all other activities in life, and even at work. With the energy has come a positive mental attitude which is being reflected in my work.

What are the results that you have achieved from the Get You In Shape program and how has Get You In Shape played a role in your results.

All the results below are a direct impact of the program. The exercises, the recommended diets, the wellness tips, control on food intake, all have played a role in the following:

- 36 pounds lost
 - 24.25 inches lost
 - Total cholesterol dropped by 26%
 - Remarkable drop in HbA1C levels (blood sugar) to less than 6%
 - Eating better, find it easy to stick to a healthy, reasonable diet
 - Craving for nicotine has disappeared
 - 83% reduction in alcohol consumption
 - Sleep better, feel well rested throughout the day
 - Feel positive and confident
 - My perception of what is healthy and what is not healthy has changed for the better and I am making more informed decisions about my health and well being
- Fitting into 16 year old clothes

Get You In Shape Client of the Year Nominee #9 Kenny West



My Health and Fitness Journey

My name is Kenny West and I have lived in Coppell for 16 years and have been in Business as an Electrical Contractor for the last 22 years. My wife Laura and I were married 26 years ago and we were always outdoors camping, dirt bike riding, fishing or just about anything outdoors. We have two daughters Tarah 19 and Jenna 13. I would say about 15 years ago our business was growing and Laura and I put all our efforts into the business and a lot of things that we used to do that kept us active were put on the back burner. We then found ourselves over weight and out of shape with no energy; always eating out and not making good food

choices. We were always sitting around at night eating junk food and not doing anything active. We both tried to make healthy changes 2-3 times in the last 10 years. We even went to weight watchers together and were somewhat successful but nothing seemed to help us make the permanent changes that we both knew we needed to make. We also joined a health club so we had no excuses; we thought we had everything we needed to get the results we were after but we ended up not going to the gym after a while and we would always come up with an excuse not to go. I ended up on Cholesterol medicine, that was expensive and so I knew we needed to get some help. We signed up with Get you In Shape really as a last ditch effort to get results. Brad says to focus on change to get results and I have always focused on results. We are in our 4th month of boot camp with Brad and Cynthia Linder and all the great personal trainers at Get You In Shape. I have learned how to focus on change and not results. Here's what I didn't expect from the program: I have more energy in the afternoon and I believe it's because of taking the vitamins and getting regular exercise. I'm not over eating anymore, I feel more satisfied, and have learned many ways that keep me from not being hungry all the time. I didn't think that it would be possible. I have also learned to keep a food journal so I can track what I'm eating. I have learned how to stay hydrated by drinking enough water. We started the program with the 24 day challenge and I believe that is why we are still eating right now. In short I have learned how to eat healthy and stay satisfied. I would recommend the 24 day challenge and boot camp to anyone no matter what your fitness level is now. **I'm no longer on cholesterol medicine, have lost 21 pounds and ran a mile in 7minutes and 33 seconds!!!** I could not be more pleased with how things are going because I feel that I've made permanent changes. I also have to say that the program is successful because of the flexibility of the work out schedule, the great trainers who will spend the time with you and show different ways to do the exercises for your fitness level. The weekly encouragement with fitness and eating tips are great. Our family ran a 5K turkey trot for the first time this year and we will do this every year now because that's who we are.

Get You In Shape Client of the Year Nominee #10 Laura West



Before Starting Get You In Shape

Hi, my name is Laura West. I live in Coppell, Texas. I am 50 years old this year. Since childhood I could eat mostly whatever I wanted until about age 30. Since then, I have struggled with my weight (about 20 years now).

I have lost weight a few times, only to gain it back with more added on. I have also exercised over the years, but never consistently.

When I began this journey with Get You In Shape in September I weighed 206 lbs. I had never been over 200, it was time to change!!!

Just to give you a glimpse of what my eating habits were like, I have listed a few things here:

Breakfast: Large Diet Coke from MacDonalDs – EVERYDAY

Either Sausage biscuit, or sausage mcgriddle or donuts from the donut store or from the Exxon station. On weekends, sweet cereal or pancakes or waffles.

Lunch: Large Diet Coke – EVERYDAY

Wendys burger, MacDonalDs burger, Sonic Burger Whataburger and fries.

Afternoon Snack: Candy bar and another Large Diet Coke from MacDonalDs.

Dinner: Sometimes home cooked food – just normal kinda stuff – Spaghetti, Meat Loaf, Mashed potatoes. Portions were large.

After-dinner Snack: Bowl of sweet cereal, ice cream or popcorn.

I drank almost no water, unless it was in iced tea, or diet coke.

I almost never exercised.

I ate junk food everyday!

I had no energy.

My activities included mostly TV.

I did not take any kind of vitamins.

I ate out, almost everyday at least 2 times.

We ate dinner out a lot because I was too tired after work to cook.

Cookies and candy were almost every afternoon.

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Get You In Shape Client of the Year Nominee #10 Laura West



After Starting Get You in Shape:

In September of 2011, I started with the Get You In Shape Program. I started with the Fitness Boot Camp class. I started to change my eating habits. At the end of the month I felt much better, had lost quite a few inches but not a lot of pounds. At the beginning of October my husband and I started the **24 Day challenge**, and I saw how much of a difference eating healthy really makes.

The 24 Day Challenge gave me a framework to start from – which is what I really needed.

Since, then I have lost around 15 pounds and many inches. I have gone from a size 18W to a size 14.

But most importantly these are my new eating habits and other changes that we have made:

Breakfast Choices: AdvoCare Meal Shake with fresh strawberries/Egg whites & 1 slice whole wheat toast/Oatmeal/Meal replacement bar and an apple or banana – all proper portion sizes.

Mid-morning snack: Snack bar and apple/Yogurt and fruit/water bottle

Lunch: Tuna Salad on lettuce wrap/Turkey on a 100 calorie bagel with cheese and a piece of fruit.

Subway – Turkey and Ham – water bottle

Wendy's – ½ Baha salad without guacamole and chips and piece of fruit.

C hik-fil-A – Grilled chicken sandwich/Salad

Or stuff from home – Fruit, Sandwich, Salad.

Afternoon Snack: Water bottle, Apple and piece of cheese/ Nuts and fruit/ ½ of peanut butter sandwich/Yogurt and fruit/Snack bar

Dinner: Grilled Chicken, roasted vegetables/Lean hamburger patty and green beans and fruit/

Fish and broccoli/ Many other healthy choices that I have learned and most importantly are using!

Get You In Shape Client of the Year Nominee #11

Lori Burge



My name is Lori Burge. I live in Highland Village and I'm a middle school teacher in Flower Mound. I've been in the Get You in Shape Program since January 2011.

Where you were in life before Get You In Shape? What did your life look like?

When I say my life has been changed by boot camp, I really mean it! When I started this program, I weighed 243 lbs. I was so tired by the time I got off work that most nights, I would lie on the couch watching TV until bedtime. I would get winded just walking up the stairs at work.

Why you decided to join Get You In Shape?

I decided to join Get You in Shape just to get more energy. I had no energy to hang out with my two very active and athletic teenage sons or even with my husband. Even though I was overweight and NEVER worked out, I foolishly thought I was in pretty good shape. I remember filling out the initial paperwork for boot camp and checking 7 (on a scale of 1 to 10) for how in shape I was. Boy, was I wrong!

What was your first experience or first impression with Get You In Shape?

At the first class, I couldn't even jog around the softball fields...not even a SLOW jog! To be honest, I could barely even walk it. When we did pushups, Daniel (one of the trainers) had to pull me up by the back of my shirt. When we did sit ups, Daniel had to push my back up...but he never let me give up. By the end of that first workout, I was so sore I could barely walk. In fact, for the first two weeks, I would come home from boot camp and my husband would already have the hot bath with Epsom salts ready for me. It was pretty bad...but I was determined to stick with it. Everyone around me figured I'd quit and believe me, I thought about it....a lot. But I was determined to prove those people wrong. More importantly, I didn't want to let Daniel, Cynthia, Brad, Chaney, Julie S. and Julie M. down. They worked too hard to push me and motivate me.

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Get You In Shape Client of the Year Nominee #11

Lori Burge

What are some of the tools from the Get You In Shape program you have used that has helped you?

In January, I lost 14 lbs. A lot of that was just by drinking water and giving up my sodas and iced tea. Brad tells you to drink half your weight in ounces of water. That's a lot of water! I also followed the tips from the program about what to eat and when – it seemed like I was always eating. Eating better and more often also gave me the energy I needed to have a better workout.

What do you like most about the Get You In Shape Program?

The best part of this program is the people. Everyone that is part of Get You in Shape is so motivating – from Brad and Cynthia to the trainers to the other boot campers. I've never felt self-conscious or embarrassed – even when I was constantly the last one to finish running my mile. I've also made some really good friends and we always have lots of laughs between our burpees and star jumps.

How has the Get You In Shape program helped change your life?

Even if I had never lost a pound, my life has been changed completely. I've had a lot of stress in my life – especially this past year – and typically, that kind of stress would have made me gain weight but working out makes me feel better, relieves my stress, and puts me in a better mood.

What is your proudest moment or moment or results from the Get You in Shape program?

My proudest moment was when I finally got to “one-derland” (under 200 pounds). I haven't been under 200 pounds since my youngest son was born fifteen years ago. I was so happy to celebrate this milestone with Cynthia. It was also the same week that I was able to run a whole mile, which I've never been able to do.

How has the Get You In Shape Program impacted other areas of your life.

Believe me, no one - including me - thought I'd ever stick with boot camp much less ENJOY working out. I've never been athletic and like I said before, I never worked out. The energy I have now is amazing. I can play basketball with my sons. We go hiking. It's time I never would have had with them before. My work life has changed so much, too. Before, I would have to keep my class room so cold because I would always sweat while I was walking around teaching. My poor students would freeze! Not anymore. I can also climb those stairs five or six times a day and I never get winded or have to catch my breath.

What are the results that you have achieved from the Get You In Shape program and how has Get You In Shape played a role in your results.

Since January when I started Get You in Shape, **I've lost 63 pounds.** I feel like a different person and I owe it all to Get You in Shape. Never in a million years did I think I'd ever lose weight just by exercising and eating right. I know I couldn't have done it without this program and the awesome trainers. I have so much energy, my metabolism has increased, and I feel calmer and less stressed. Get You in Shape has truly changed my life!

Get You In Shape Client of the Year Nominee #12

Vicki Mudrick



My name is Vicki Mudrick, I am a stay at home mother and homemaker in Coppell, TX
I have been with the Get You In Shape program since March of 2008

Where you were in life before Get You In Shape? What did your life look like?

I had been a thin woman until my late 30's. Over 15 years I gained about 70lbs. and all of it was fat. I found myself at almost the 200 lb. mark and I was desperate! How could I have gone from a size 6 to an 18!!! I was tired all the time, and sad every time I looked in the mirror. I have never been an athlete. I never enjoyed sports or exercise, and didn't think I had the ability to do much of anything in that respect. I knew I had to make a change.

Why you decided to join Get You In Shape?

I saw the ad for Boot Camp in the City Rec. catalog of classes and thought I would give it a try for a month. I figured no matter how hard it was I could tough it out for a month. I liked that the classes were outside.

What was your first experience or first impression with Get You In Shape?

Brad was teaching the 8am class at that time. I was pleasantly surprised that he was so nice and encouraging! I knew one of the ladies in the class and it was nice to have a friend participating. It didn't take long for me to make new friends and I actually enjoyed the work out. I was extremely sore the first week or so, but looking back it is hard for me to remember the misery of those first few sessions. Even being overweight, I felt accepted and encouraged. Brad met one on one with me and suggested some Advocare products to help me lose weight and gain muscle mass.

What are some of the tools from the Get You In Shape program you have used that has helped you?

Drinking the Advocare protein shakes for breakfast is a quick way to have a hearty, high protein meal. This is important to me because I need to lose fat and gain muscle.

What do you like most about the Get You In Shape Program?

I love that the trainers are all so encouraging and positive. I have a back problem that requires modification for some of the exercises and they are always able to give me an alternative level to participate in, or suggest an alternative. I also love exercising outside. The park is so nice and the fresh air is wonderful. The summers are rough in the heat, but I just figure all that sweating is burning calories!

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Get You In Shape Client of the Year Nominee #12

Vicki Mudrick



How has the Get You In Shape program helped change your life?

I have so much more energy than before. No more daytime naps! I love having a regular commitment, and that many of the people in the class are fun and encouraging as well. I feel better after exercising and consider it now an essential part of my life.

What is your proudest moment or moment or results from the Get You in Shape program?

My proudest moment was probably when I ran the mile without stopping. I was still one of the slowest in the class (there were walkers that finished before me), but it was a huge accomplishment for me. I couldn't have done that even when I was thin. I have more cardio endurance now than I have ever had, even as a teenager. I also participated in the 5K run for Special Olympics. I say participated because I had to walk several times. My new fitness goal is to run an entire 5K without stopping.

How has the Get You In Shape Program impacted other areas of your life?

Having more energy is wonderful. I get much more done at home and just feel better.

What are the results that you have achieved from the Get You In Shape program and how has Get You In Shape played a role in your results.

I have lost about 30 lbs and still have 20 more to go. I feel better and believe that I have made positive life style changes, trying to eat better (that's a real struggle!), and trying to get in 3 days a week of boot camp and 2 days of cardio. The positive energy that GYIS gives off comes from the top down and is probably the biggest factor in my staying with the program 3+ years. The trainers all genuinely want the 'trainees' to succeed and continue to make the workouts challenging and interesting. I believe that the changes I have made in my life are setting a good example for my 13 year old son.