



*A holistic & personal approach to improving  
health and well being.*

While all of the trainers at B-defined are good, Anna Bennett is an absolutely fantastic trainer. For the past year she has worked with me on strengthening my whole body, particular my knees and legs after having two knee replacements. But beyond the exercises and training, she takes a holistic but personal approach to improving health and well being.

Since leaving the military over 20 years ago I had grown from 195 lbs. to almost 310. Now in my 60s, I knew that I needed to lose weight and keep it off. Enter Anna.

There were weekly weigh-ins (which she watched and recorded). There were weekly weight loss goals which, when made, would get her to listen to more of my stories and

when not made, the exercises were tougher, longer and more complex. She had me keep a food diary that I turned in each week. Fast food and bourbon were on (near) lock-down. She was fantastic.

Simply put, the process worked. I've not only lost 60 lbs. and am working on the remaining 20, I've changed my eating habits. I now walk five miles a day and enjoy it. I started riding a bike and keeping my own food diary. I reduced my waist measurement eight inches and feel great. I had tried to lose weight before but couldn't keep it off. This time with the help of Anna and B-defined, I know I'll be successful.

Call 757-345-6801

4801 Courthouse St., Suite 122

(located in the SunTrust Building of New Town)

*B-defined*  
Innovative Personal Training & Wellness

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