



*26.1% of Mike's total weight loss (25 lbs) was body fat weight.
He lost 4 inches in his waist and 5 inches in his abdomen.*

It's Time to Invest in Yourself!

Improving my physical condition has been fun and easy at B-defined. Bridgit developed a 90-day comprehensive wellness program for me that involved measurable goals. My job was to eat only what was prescribed and do the exercise as instructed. The result? I am now 25-five pounds lighter, my resting heart rate is excellent, my blood pressure is normal, my back pain is gone and, most importantly, I feel great! I highly recommend personal training at B-defined, it has been the best investment of my life!

Mike Youngblood
Twiddy Realty

Create your own success story!

Call (757) 345-6801

4801 Courthouse St., Suite 122
(located in the SunTrust Building of New Town)

B-defined
Innovative Personal Training & Wellness