

Our clients are enjoying the benefits



Talk about a wake-up call!

Several months ago I saw a photo of myself. I knew then that I had to (finally) get serious about my weight. Over the years I have tried diets—but always seem to get to this point! I lose the weight, then gain it back.

This time I knew I didn't need another diet. I needed a lifestyle change.

I took a chance and tried B-defined. I hoped that having a personal trainer and learning about healthier eating habits would make a difference. In a short time, I had lost not only the weight but lost inches, felt better and stronger and was thrilled with my decision. Thanks to my trainer, Nancy, I have a newfound respect and enjoyment for exercise. I learned about daily eating and putting more 'balance' into my life. In today's economy, I know that I will probably need to work longer before retirement. Paying attention to my health and fitness was definitely a wise investment!

The fitness experts at B-defined offer a customized, holistic and time-efficient approach to personal training.

B-defined
Innovative Personal Training & Wellness

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

Call (757) 345-6801

For a full menu of services, visit B-defined.com