

# Our clients are enjoying the benefits...



## **“Working out with Bridgit has been a phenomenal experience.”**

As someone who lived on burgers and fries for most of her life, I knew I needed to adjust my diet but worried that drastic changes would be hard to live with. Appreciating my concerns, Bridgit provided nutritional guidance with a well-balanced diet plan that was easy to incorporate into my daily routine but still left room for the occasional treat. She also customized an in-studio workout to fit my needs and gave me an exercise routine to do at home. Two short months later, thanks to Bridgit’s support and encouragement, I’ve lost a total of 25.5 pounds and trimmed four-and-a-half inches off my waist and four inches off my abdomen. My body fat is now 17 percent—in the “excellent” range for women my age. I have actually surpassed my initial weight loss and fitness goals. What’s even better is the way I feel! I enjoy my new, fit lifestyle. Thank you, Bridgit!

***B-defined***   
Innovative Personal Training & Wellness

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(located in the SunTrust Building of New Town)

Call (757) 345-6801

For a full menu of services, visit [B-defined.com](http://B-defined.com)