

Our clients are enjoying the benefits.



Pat Prentiss

“I feel better and look better and enjoy working out!”

I first came to B-defined in June 2009 as I approached my 60th birthday. I had lost my desire to exercise regularly and was beginning to experience a great deal of lower back pain from degenerative arthritis. A friend, Christine Allgood, was working out at B-defined with Gina French and I could see she was successfully meeting her weight-loss goals. I was very impressed. I made an appointment with Gina, and we immediately connected. I shared my personal goals, which included increasing my mobility and flexibility. Additionally, I wanted to firm up and lose inches overall. Gina developed a diversified program to meet my individual needs. She also recommended that I meet with a B-defined nutritionist to analyze my caloric intake, which I did. After three months of exercising with Gina three times a week, I lost 10 inches overall. I rarely take medication for back pain, and my mobility, flexibility and core strength have remarkably improved. Gina pushes me a lot harder than I would ever push myself. She also developed a “homework” exercise plan that I follow 2 to 3 days a week. I enjoy coming to B-defined, as it is a user-friendly and very comfortable workout environment. I feel better, look better and truly enjoy exercise again!

Join Valerie Huckstep, B-defined’s Registered Dietitian on July 28, 2010 at noon for a free seminar, “Food For Thought.” Space is limited, registration required. Lunch provided. Call 757-345-6801 to register.

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