



## BEFORE AND AFTER PHOTOS & TESTIMONIALS

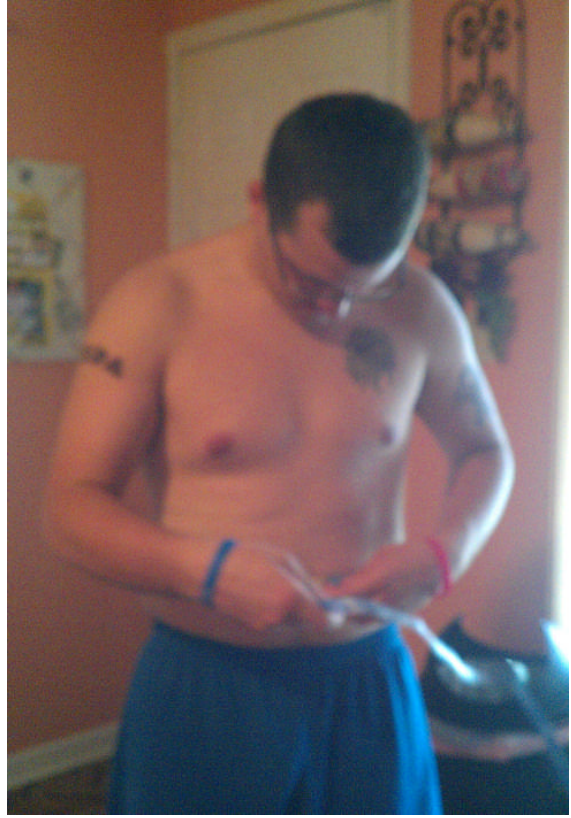
**BUNKY**



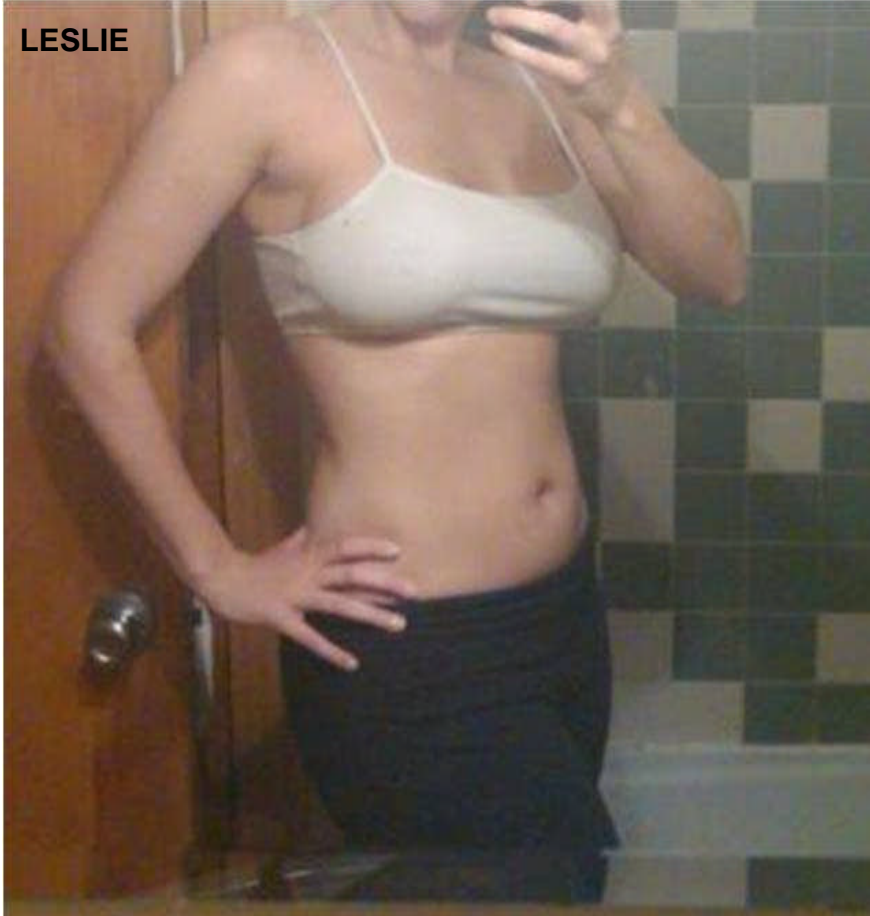
**MISTY PATRICK**



**STEVEN**



**LESLIE**



**Before**



**After**

## **TESTIMONIALS**

*I am writing to provide a testimonial for Jennifer Foust of NuCo Fitness and Team Hard Body. This is my first experience with a personal trainer, and on all accounts she has exceeded my expectations. From my first session to her sporadic encouraging texts, she offers unwavering support, guidance and sincere care for my fitness goals. It is evident that this is not just a "job" for Jen. Every session with Jen is different, and she expects full effort but also provides constant positive reinforcement. The fact that she will come over on a free moment, correct my form or do a set with me even if I am working out independently on one of her individually tailored plans demonstrates her level of investment in her clients' fitness. Jen also worked diligently to create a diet for me which incorporates my many food/meat restrictions, yet provides sufficient protein to build muscle. Aside from her training skills and expansive knowledge of nutrition, body/muscle building, competing and fat burning, Jen is a wonderful empathic individual who is personable and injects a fun sense of humor into our sessions. Her friendly and warm demeanor only bolsters her obvious talent as a trainer. I have recommended her to several of my friends already.*

**-Monisha Sanabria**

*"I have been working with Jen for a couple of months and I can't begin to express how happy I am with the results I am seeing. Jen is very knowledgeable in what she does and possess a unique ability to motivate me to stay on track and achieve my goals. With Jen I do not feel like just another paying customer. She genuinely cares about her clients and is always following up to ensure we are staying on track and to see if we have any questions or need additional help. If you follow Jen's advice you WILL see results. I have absolutely no reservations when saying that I would recommend her to all my friends."* -**Angie Mari**

*"The level of service at Team Hard Body is fantastic. I am consistently impressed by the professionalism.... Thank you!"*  
-**K. Bryton**

*"In this day and age, it's hard to find a trainer you can trust. Team Hard Body was recommended to me by a friend, and now I know why – the quality of service I received was outstanding. Keep up the outstanding work!"*  
-**T. Allioner**