

THE **FIT**Effect



DAVIS FREUND

CPT

Almost three years ago I made a commitment to change my lifestyle and discover a healthier, happier me. I had no idea what the outcome would be, but I knew that change was necessary. My fitness transformation began at The Fit Effect, when I signed up to train with transformation expert, Nick Hayward. Losing nearly 50 lbs in 4 months and 10 days, I was astonished. Being overweight most of my life, I struggled to believe that the person I saw in the mirror was really me. Working one-on-one with a personal trainer gave me the opportunity to learn about the importance of a precise diet and effective exercise to achieve maximum results. Not only did I learn effective methods to lose weight, I was able to tone my body to a level I never dreamed of. It is incredible what your body is capable of when you are determined, fully committed and have the proper support in place.

I quickly realized the passion that I had for fitness and living a healthier lifestyle. My journey continues, as I consistently set goals and achieve them. I believe it is my time to give back to the community - to use my knowledge of nutrition and weight training methods to positively impact others, change their lives, help them realize their potential and believe that anything is possible.

I know what is required to take things to the next level; the determination, drive, commitment and the importance of setting goals. It's not easy, but I guarantee it's worth it. I've gained the knowledge to incorporate the perfect combination of intense weight training methods, diet guidelines, and cardio that achieve maximum results. I've lived it. Fitness has changed me, it can change you too!