

Tony,

I wanted to express my thanks to you and your staff. Everyone is wonderful, positive, and encouraging which makes the experience worthwhile and enjoyable. I know you have put your heart and sole into your business and wanted to tell you that I appreciate your efforts and it has truly turned my life around. Again THANK YOU!

After 5 weeks of the Greco L&F, I dropped 6.2% body fat. According to the calculations, this represents 15 lbs of fat. The scale however showed that I lost only 8 lbs! I now believe that losing body fat and increasing muscle mass at the same time is mostly due to eating. I am committed to a 52 week program where I will maintain the L&F workouts and try to keep up with the personal training (depending on the finances).

Again, your motivational talks on Team 1200 have inspired me to develop a focused, detailed approach to eating and your view regarding food preparation has been spot on.

I am 50 this year, been married 23 years and have 3 children (21, 15, 6 years old). With this household “turmoil” I had to take steps to allow be to control the food I consume. Here is what I did.

- 1) I implemented two “off-limits” “Red Zones”. One in the fridge and one in the freezer.



- 2) I prepare chicken breasts individually placed in sandwich bags and freeze them. I always have shake ingredients, tuna, salmon, salad on hand allow me to eat when rushed. Roasted pecans are prepared. No one is allowed to touch my red zone food!!!
- 3) I do not necessarily eat what the rest of the family eats. I only eat the meat and vegetables which are recommended and I supplement my meals with salad, cottage cheese etc.
- 4) I made a mental commitment that eating correctly is directly related to progress and recovery (from being obese).

Thank you Tony and Staff!!!!!!!!!!!!!!!!!!!!!!

Scott Ball