

7 month progress check  
Hi Todd!

June 2 will mark the completion of the 7 month since I first walked into your CrossFit LifeSport gym. During this short time, you have encouragingly taught me invaluable exercise, diet and lifestyle changes that have dramatically improved my health and well-being that I needed to share the specific results with you:

1.) The success metric I'm extremely excited about is the loss of 25 pounds and 3 pant sizes as I've finally been able to lose that stubborn baby weight that glued itself to my body for the last 3 years. It's fun buying new smaller stylish clothes and not hiding behind any object possible when a camera is around.

2.) Surprisingly, other health benefits also surfaced during a recent checkup. My blood pressure moved from 132/70 to 96/58. My cholesterol moved from 163 to 161 while HDL moved from 50 to 76 for a net LDL calculation of previously 104 to 77 which is significantly low and impressive given it was not really on my radar of concerns (normal range is 90 to 170).

3.) The "priceless" and un-measurable metric is the camaraderie that I've developed with you and the other gym members. Everyone is extremely supportive, positive and passionate that I think of you all as close friends and eagerly look forward to the next workout.

Thank you again Buttercup for everything and making this health rebound journey achievable. I am full of energy these days and can keep up with my hectic life far better since i have incorporated fitness into my lifestyle!

Warm regards  
Nicole