

My name is Janet and almost two years ago, at age 61 1/2, I decided that I needed to "Get in shape." I'm a retired librarian and while I had always done some form of exercise, I had never really pushed myself or done any sort of strength training. The pounds were slowly adding up.

I knew that I wanted to be stronger because of a family history of osteoporosis and heart disease. My mother has lived to be 93 and struggles with dementia, is frail and has suffered broken bones from falls. I know that if I have the possibility of living into my 90's, I wanted to be as fit and strong as possible and I also hoped that I would lose some weight along the way

I met Todd Oval in January of 2008 and we started working together. At that time, I weighed 147 (at 5'3") and had a 40% body fat percentage. That was a real wakeup call for me. Todd has been very patient with me. We started slowly to build up muscle and cardio capability before to weight training.

Todd is always positive and encouraging but pushes me to do better in each training session. We work on correct form to avoid injury and gain confidence. Each workout is challenging but we also have fun and laugh quite a bit. Todd is passionate about fitness and brings lots of energy and enthusiasm to each of our workouts. We talk about diet and good eating habits. Todd also emphasizes being able to do functional exercises that mimic things we do in everyday life like lifting groceries and getting out of a chair or even off the floor.

I've lost about 17 pounds and gained a lot of muscle in the past year and a half. My body fat is down and I have more energy, better balance and flexibility, can lift weight and do strength moves that I never was able to do before. Now at age 64, people tell me I look better than ever.

I would recommend Todd as a personal trainer to everyone who wants to make a positive change in his or her life. Never think you are too old to start getting fit.

Thanks Todd!