

Success Story



Lost 8.5" Off Waist!

Amy McHugh Achievements

Body Fat: *Lost 6.5%!*

BMI: *Dropped 5 pts!*

Weight: *Lost 37 lbs in 5 months!*

Measurements: *Lost 8.5" off waist!*

Health:

- * *Dropped 3 pant sizes!*
- * *Gained strength!*
- * *Got a personalized routine!*
- * *Feels great!*

Testimonial

Working with Amy has been a truly rewarding experience. When Amy first dropped by the studio in July of 2012 she was looking to establish a commitment to fitness as an important part of her positive lifestyle. Due to her truly impressive discipline and dedication within 2 months she had lost nearly 20lbs! Now as we begin 2013 she has nearly accomplished her initial goal of a 40lb weight loss. I have absolutely no doubt that will succeed at this endeavor as well as any other fitness goal she sets her mind to. Great job Amy!

- Josh Feinman

Congratulations to Amy, and we wish her continued success!

- Stephen Cabral Studio Team