

# Success Story



**Lost 88 lbs in 2012!**

## George Baxendale

### Achievements

**Body Fat:** *Lost 26.9%*

**BMI:** *Dropped 11.2 pts!*

**Weight:** *Lost 43 lbs in 12 weeks!*

**Measurements:** *Lost 15" off waist!*

### Health:

- \* *Lost 88 lbs in 1 year!*
- \* *Back to high school weight!*
- \* *Gained core strength!*
- \* *No more lower back pain!*

### Testimonial

*George began training at SCS in April of 2012. His weight had ballooned to a high of 303 lbs at the beginning of the year and he was determined to make radical changes in his lifestyle. He had already lost 34 pounds on his own and brought a tenacity of purpose to his training. Over the course of 2012, he lost nearly 90 lbs, 15 inches off his waist, 11 full inches off his hips, and nearly 27% body fat. From September to December alone, he dropped 43.4 lbs, reduced his waist 6 ¼ inches and hips by 4 ¾ inches, and lowered his body fat by over 12%. He is at a weight he hasn't seen since high school and feels better than ever. Following an intensive core-strengthening program, George no longer experiences back pain. Overall, he is thrilled with the amazing results he has achieved and remains motivated to continuing making progress in 2013!*

*- Chris Carriero*

Congratulations to George, and we wish him continued success!

*- Stephen Cabral Studio Team*