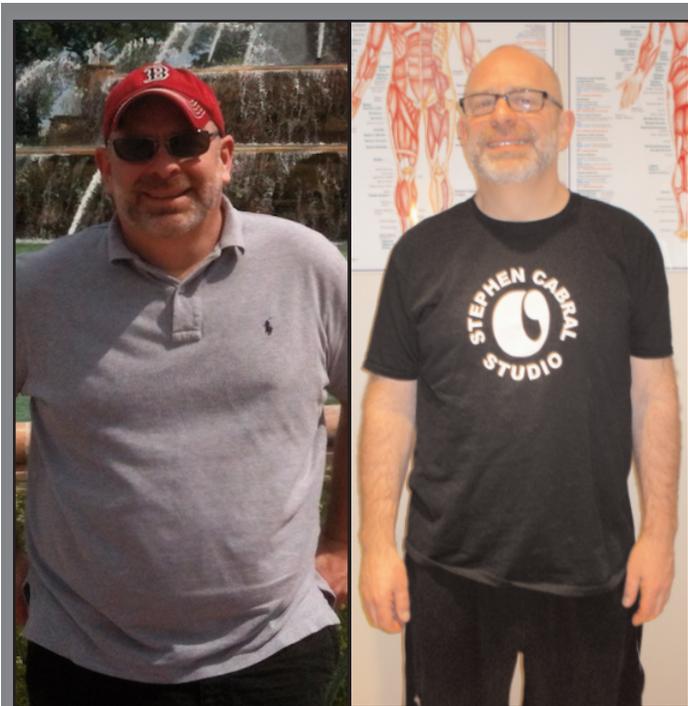


# Success Story



**Lost 40.2 lbs in  
20 Weeks!**

## Tim Vigue

### Achievements

**BMI:** *Dropped 6 points!*

**Weight:** *Lost 40.2 lbs in 20 weeks!*

**Measurements:** *Lost 8.5" off waist!*

**Clothing:** *Dropped 6 pant sizes!*

#### Health:

\* *Got a nutrition plan that fit his lifestyle!*

\* *Increased energy!*

\* *Gained Confidence!*

### Testimonial

*"I knew I was overweight and out of shape based on how tired and sluggish I felt all the time. I was also reminded of it every time I sat on an airplane. I really didn't have the motivation to do much about it until I saw three of my friends getting fit and losing weight through their work with Julian. Something clicked in my head and I realized that it was time to take back my health and to start to look and feel good again. What I needed was a good strong push, plus a bunch of good information and guidance so I decided to give it a try. Given what I had seen my friends accomplish with Julian, I knew it was possible to make the changes I needed to make. I didn't know whether I could pull it off. I've never been much of a gym person. I'd lost a bunch of weight before only to gain it back by reverting to old habits. From the first session with Julian, something felt different. We talked about a more holistic approach with nutrition and exercise. It felt doable. Over the past 6 months, the diet plan and workouts have provided me with the tools to reshape myself physically, losing over 40 lbs and 6" off my waist. I think a critical ingredient to this success has been Julian's ability to help me gain confidence in myself and my ability to set and reach my goals. For me, Julian is a great balance of champion and taskmaster, with a whole lot of humor thrown in to keep it fun. I feel so much more energized, younger, and actually am starting to like what my body looks like. I'm not done yet, but this time I think I can really make it stick!"*

- Tim Vigue