



HammerBodies Custom Fitness

600 Emerson, Ste. 124
Creve Coeur, MO 63141
314-567-3797

www.hammerbodies.com

HAMMERBODIES CUSTOM FITNESS CLIENT PROFILE

Debbie G.: Finding the Right Formula For Success

For Debbie G., fitness wasn't supposed to be so frustrating. "I was putting my heart and soul into it, doing aerobics 2-3 hours a day, five days a week. My body just wasn't changing, and I couldn't understand why."

Prior to HammerBodies Custom Fitness, Debbie had tried everything to drop pounds – and shape up. Then, after taking her son to a sports performance camp hosted by HammerBodies, she decided to give the custom fitness resource a try. "What did I have to lose?"

Debbie's goals were not unique, but her body and body type were – and she soon found out the importance of customization. "Obviously what I was doing before in a group setting wasn't working. From the moment I walked into the HammerBodies clinic, the focus was on me as an individual – and my body's specific needs."



Before any crunch...before any cardio...and before any squat or lunge...Debbie went through HammerBodies' proprietary FitPlan evaluation that included a private interview and very specific testing to gauge her body and body type. After careful analysis of the results, clinic director Jeff Huse designed a custom training program, unique to Debbie, and her specific body.

But the customization didn't end here. Understanding that Debbie's personality required a challenge and just the right amount of 'push', Huse strategically positioned her with training specialist Jaime Rothermich. "Jaime motivated and continues to motivate me every day. Sure, my program is customized to me. But what I feel is just as important is that Jaime molds each and every workout, each and every day, to my personality.

Maybe the biggest key to Debbie's results was yet to come – nutrition. As part of the HammerBodies Custom Fitness process, Debbie was scheduled for a meeting with Rothermich, also the clinic's director of nutrition and registered/licensed dietitian. A customized meal plan was developed based on her needs, goals, body type and training program, detailing not only what to eat, but when and why. "I had no idea of the connection between food and results. I basically knew what not to eat, but didn't know what I should be eating. For me, it used to be all about training. Jaime helped me understand that for me to get results, food had to be first."

Just six weeks into the program, Debbie's first sign of results were realized. "My clothes fit better. More importantly, I felt better. Did all the results happen at once? No. But more than ever before, I felt like there was control and direction of my training – and of my body."

This initial – and ongoing – success fueled the next three years of training for Debbie at HammerBodies. She remains a client today, dropping from 32% body fat in her first visit to 18%. "Fitness doesn't have to be so frustrating. Like most good things, it takes the right strategy, and continual education. Anyone who is willing to listen, and of course follow through, can have success. Anyone."