



SUMMER 2014

Client(s) of the Quarter

Eric & Jamie Peterson

Age(s) 47 & 37

What were your reasons for choosing to work with a trainer/nutritionist?

We found Mission Accomplished from a neighbor who mentioned it while out on a walk near the bike path. Little did we know, we lived ½ a mile from this wonderful gym since 2010. We made an appointment not knowing what to expect and we fell in love with Kim, Alisha, the vibe, and the natural setting. Not to mention it was so close to our home. We took a risk and signed up for the 8 week boot camp and we couldn't be happier!

How long have you been working/consulting with Mission Accomplished?

8 weeks

What are some of your achievements since working with Mission Accomplished?

We have supported each other through the process including some nutritional sessions with Kim, training with Alisha, the early morning boot camps, the sore muscles that hadn't been worked for quite a while & we began to show improvement in our flexibility and strength (both mental and physical). Although it can be difficult to "see" the results in your own body, hearing your partner comment that your body seems more trim and toned was something that motivated us to keep moving. So far we have lost a combined total of 42.7lbs, 18.5 inches and 10% body fat. We have a long way to go, but will continue this journey to better health and happiness.

What are some difficulties you've had along the way & how have you gotten through them? We love coming to the gym and believe it is really our time to finally start working on ourselves. The timing of making our health a priority seemed perfect. Our kids are old enough to entertain themselves for the times we have gone to class and in fact I think they even enjoy the time alone! One of the struggles we had was feeling we were holding up the group activities, even though we are giving it our best, it's difficult to keep up with others who have trained with these two champions for a while. The other clients have been so supportive and friendly! I can see new friendships developing with these amazing people.