

FOCUS ON FITNESS IN THE LEAD!

GO BIGGEST LOSER! | shape up and slim down

MONTH 1

BEING TRAINED BY
GIFFORD HEALTH INSTITUTE



Rachel Newcombe, 29
Stay-at-Home Mom
5'3"

STARTING
WEIGHT: 154.8

MEASUREMENTS	Start	Month 1	CHANGE
Chest	36.50	34.25	2.25
Waist	35.00	32.50	2.50
Hips	42.00	39.50	2.50
Upper thigh	25.00	24.00	1.00
Calf	15.00	15.00	0.00
Bicep	11.50	11.50	0.00
Total Inches	165.00	156.75	
TOTAL INCHES LOST		8.25	



James Baum, 32
Network Analyst
6'4"

STARTING
WEIGHT: 380

MEASUREMENTS	Start	Month 1	CHANGE
Chest	53.50	52.00	1.50
Waist	55.00	53.75	1.25
Hips	51.50	52.75	-1.25
Upper thigh	34.75	32.75	2.00
Calf	20.25	20.50	-0.25
Bicep	19.50	19.00	0.50
Total Inches	234.50	230.75	
TOTAL INCHES LOST		3.75	



ALAN GIFFORD'S APPROACH

At GHI our goal is to help you make a permanent change in your health, body composition and lifestyle. In the first month we prepared Rachel and James for the intense workout and nutrition program to follow. We started with neurological and muscular balance therapy and had them keep a food diary. In the second week we progressed to a more intense workout program, yet limited the stress to their bodies by keeping their food intake the same. By the end of the third week they were primed and ready for the whole program...workout and nutrition! In the last week

of the month they began an eating program designed to break bad habits and stimulate their metabolism to burn fat. We're excited by their results and look forward to consistent and continual improvement!

GIFFORD HEALTH INSTITUTE
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PHOTOGRAPHY BY CARL SCHULTZ • WRITTEN BY SONDRA BARR

STARTING THE PROGRAM WAS A CHALLENGE, BUT OUR FOUR CONTESTANTS ARE ALREADY SHOWING IMPROVEMENT. WITH PERSONAL TRAINING, NUTRITIONAL PLANS, AND THE EXPERT ADVICE OF GIFFORD HEALTH INSTITUTE AND FOCUS ON FITNESS, THEY ARE ON A PATH OF CHANGE.



Phyllis Beatty, 47
Flight Attendant
5'4"

STARTING
WEIGHT: 194

MEASUREMENTS	Start	Month 1	CHANGE
Chest	42.00	40.00	2.00
Waist	42.00	38.00	4.00
Hips	45.50	43.00	2.50
Upper thigh	25.50	23.50	2.00
Calf	16.25	14.75	1.50
Bicep	11.50	11.25	0.25
Total Inches	182.75	170.50	
TOTAL INCHES LOST		12.25	



Tiffany McCann, 33
Registered Nurse
5'11"

STARTING
WEIGHT: 221

MEASUREMENTS	Start	Month 1	CHANGE
Chest	43.50	40.25	3.25
Waist	43.75	35.75	8.00
Hips	46.00	41.75	4.25
Upper thigh	28.00	25.25	2.75
Calf	16.50	15.25	1.25
Bicep	11.75	11.00	0.75
Total Inches	189.50	169.25	
TOTAL INCHES LOST		20.25	

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BRENDA BARK'S APPROACH

Tiffany and Phyllis are in a program that is typical for Focus on Fitness clients. They meet with me four to five times a week for intense supervised cardiovascular and strength training. This is hard work, but it produces results that are seen and felt. Additionally, they are following the Focus on Fitness nutritional program that includes five to six small meals per day, with each meal containing good carbohydrates and proteins.

By following my program developed over several years, I know my clients will achieve results, because my clients always achieve

results. Tiffany and Phyllis are already seeing inches lost, pounds dropped, and energy levels raised. We will see you next month with more progress!

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