

WHAT OUR FORMER TRANSFORMERS ARE SAYING

Name: Lori F.

Age: 56

Occupation: Nuclear Medicine Technolgist

"Transformers is AMAZING! I learned a lot and ended up losing 18lbs of fat, gaining 6lbs of muscle and I can now run and keep up with my grandkids"

Name: Ed W.

Age: 37

Occupation: Software Engineer

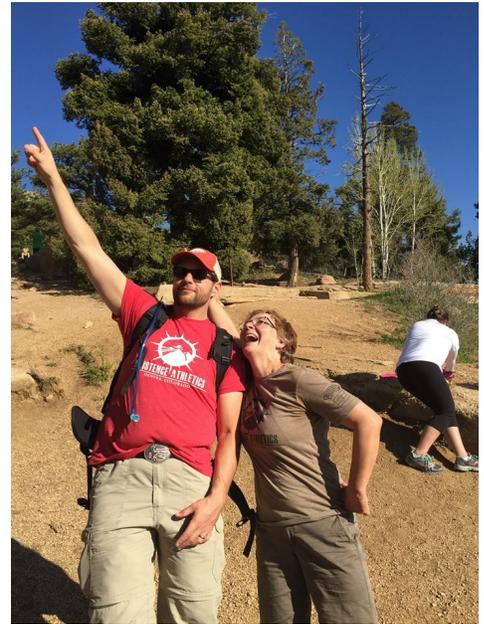
"A big part of Transformers is setting realistic goals and then coming up with a plan and a strategy for actually achieving those goals"

Name: Laurie C.

Age: 55

Occupation: Teacher

"There are times in your life when you say, I'm going to commit this time to my health. Transformers helped me lead a more active existence. I lost 17lbs and I climbed a 14'er this summer with no extra training."



Ed and Laurie atop of the Manitou Incline.

Name: Tony D.

Age: 46

Occupation: Instructor at the Online Trading Academy

"I lost 12lbs of fat and gained 8lbs of muscle. If you look at the investment over 3 months it's very small expense and the information I learned, I'll be taking with me over the next 10, 20, 30, 50 years, it was totally worth it"



Byron atop the Manitou Incline.

Name: Byron W.

Age: 34

Occupation: Systems Engineer

"During the Transformers program I lost about 9lbs of fat. My biggest takeaway was in applying the nutrition principles that I learned. When I apply them, they work every time! That and consistency. Consistency gets results. No shortcuts."

Name: Amanda J.

Age: 29

Occupation: Accountant

"Prior to the Transformers Program, I was a yo-yo dieter. I never wanted to admit it but I was. The year prior to the Transformers Program, I was too scared to try another "diet." I didn't want to feel like a failure again.

The time came when I felt like I was finally ready to make some changes to the way I was approaching weight loss. I knew that I wanted to lose weight, but that

was not my main goal. I started Transformers with the goal of making small changes to my diet and workout routine so that I could improve my health and feel better overall. I didn't want severe restrictions or food group eliminations and Ryan supported those goals. During the program, the DEXA scan showed a 10 pound weight loss - I had lost 13 pounds of fat and gained 3 pounds of lean mass. From when I started until now, I lost approximately 15 pounds. Not to mention all the gains I have made in the gym! I made changes that were sustainable - I didn't have to eliminate any food groups or stop eating my favorite treats. This program also taught me a lot about setting goals, accountability, and the role that health plays in my life.



Amanda after conquering one of BCCC WODs.

Name: Amy P.

Age: 46

Occupation: Teacher

"The Transformers program provided a community of support as I delved into my diet, my health and my workouts. The group gave me much needed support in the nutritional and physical changes I wanted to try. From weigh ins and measurements, to research on bone density and injury prevention, Ryan was a constant companion of support and accountability. If you want to learn new concepts about the role nutrition plays in your life and have a group to support the difficult aspects of implementing those changes, I highly recommend the Transformers program!"



Eric deadlifting 310#

Name: Eric C.

Age: 55

Occupation: Principal

"Last year, I participated in Axistence's "Transformers." Over the course of the 12-week program, I lost 15 pounds. My body fat percentage dropped from 20.9% to 16.6%. I also grew stronger and physically more confident.