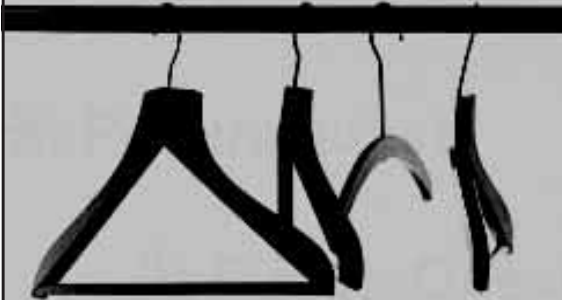


How My Health Club Helped Me Clean Out My Closet



“My closet looked like a fire sale in August. I had one of everything in four different sizes and still had nothing to wear. I was desperate. My blood pressure was elevated, my pulse rate was way up, and I was out of breath, overweight, depressed and just plain fat, fat, fat. An employee at GHFC talked me into joining the gym and trying his weight loss program. I walked through the doors and started with a vengeance like a woman possessed. I had encouragement and support from the entire staff right from the start. It knocked me over when I checked in one morning and the girl at the front desk wished me a Happy Birthday. Talk about personal! In 5 months, I have shed 60 pounds and 30 inches. My family, friends, and co-workers have been ecstatic with my progress. I am cleaning out the closet, and am now receiving presents other than earrings. I am a happier, healthier, and more energetic person.”

Susan Halfacre
Loyal Member Since 2001



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