

How My Health Club Took Me From Size 16 to an Eight



*Carolyn Shema
Loyal Member Since 1980*

“Several of the women at my work were talking about joining GHFC, so I sat in on a presentation with them. I was offered a Fitness Assessment. I decided to take it, because I felt I was healthy, since I walk and do agility classes with my dog often. After the Fitness Assessment, I discovered I registered poor in every category for my age group. I saw the sign for the New You program and I decided to go. I read that I could lose 8 - 15 pounds, and thought if I could even lose 8, I would be happy. I was turning 50 soon, and decided I wanted a NEW ME for my birthday. With the program, I lost 13 pounds. Since it was fairly painless, I joined again. This time I lost another 10. The best part is I was in a size 16 jean and now I’m in a size 8. I would recommend the New You program to everyone.”

Gainesville
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