

# MEMBER STORY OF SUCCESS

## ADRIAN FORD

“Looking at my honeymoon photos I was disappointed that I had let myself get out of shape and overweight at 231 lbs. Although I had always been well conditioned by training for and participating in sports, I now found that I needed more. I began by watching what I ate and cutting out the things I knew were bad for me. Then I discovered Fast Trac. By doing this high intensity workout, that only took 30 minutes, I lost 41 pounds. It was fast, fun, challenging and always changing from workout to workout. It was like doing a fitness obstacle course designed especially for me.

I would recommend Merritt Athletic Clubs, Fast Trac and Hal Weiss for anyone interested in getting in great shape!”

After



Before



**MERRITT  
ATHLETIC  
CLUBS**  
*Where Your Future Takes Shape*