

# MEMBER STORY OF SUCCESS

## SCOTT PARSON

In September of 2008 I was 46 years old, weighed 297 pounds and was not happy with myself. I had a couple relatives pass away and that scared me into wanting to get into better shape. I started going to the gym to exercise, and lowered my calorie intake. I am not a “gym rat” and do not like going to the gym, I always felt like I didn’t know what I was doing, and felt out of place.

After about a year and a shoulder surgery later, I had lost about 40 pounds. I had made an effort, gotten some results, and was content. Then I was introduced to Becky. After talking to her, she was so positive that she could help me it really stuck with me. I contacted her to sit and discuss my goals, and again she was so positive that I decided to keep going. Becky developed a workout regimen that I could follow, and gave me diet advice. I decided to put maximum effort into what Becky taught me and boy did it pay off. From October to June I stuck to Becky’s plan and lost 90lbs. for a total of 130 pounds lost. Wow! What a life changing eight months.

My favorite part of working with Becky is her support and knowledge. Every time I hit a bump in the road Becky had a plan. I never expected to reach this point, and I have no fear of regaining all that weight because I wasn’t on a fad diet, I changed my lifestyle.

After

Before



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