

So, why Freedom Fit? This is the question that I was asking myself just last week. I am one session away from finishing 6 months with Joel, and I needed to figure out where I go from here. Well, it wasn't a question for long. I am back at Freedom Fit for yet another round with Joel. In the 6 months I have been "working out," I have managed to lose weight, tone down, and become a much more efficient runner. The best part about it all is that I haven't had to go overboard to do it. Joel created a great meal plan for me; however, I still enjoy my chips & salsa! My work schedule gets crazy, but somehow if all I manage is one intense hour of personal training a week, I still reap the benefits as if I had been all week long. So, why Freedom Fit? How the heck can one not?!!