

# Personal Training...

## A Success Story

*Merced Cohen*

### Before

**Body fat: 35%**



I joined Total Woman in November 2002. My goal was to feel confident enough to wear a sexy bikini on my 40th birthday at the end of August 2003. This was a lofty goal as I was wearing a size 14 at only 5'2" tall. I weighed 160 pounds, more than I had ever weighed in my life. I think my body fat was 35%. Yuck!

I asked my husband and two children to come with me to make sure that I joined the gym and did not "chicken out". While signing the papers at the Woodland Hills location, my husband asked the sales associate about private training classes. Luckily and thankfully, I was introduced to a bubbly physically fit trainer by the name of Jill Guerber. Her smile, knowledge, and friendly attitude made me feel so comfortable about

the entire Total Woman facility. I decided to sign up for training classes with Jill and begin to change my life.

Well, it is now August 2004 and I am almost 41 years old. I have lost 30 pounds, am down to a size 6, and have reduced my body fat to 25%. Although I know the Total Woman gym like the back of my hand, I am still training with Jill. She has become my "healthy body" mentor and very dear friend. I look forward to working out with Jill, having her support makes me feel stronger.

My life has changed in many other ways too during the past 20 months. I now consider myself an athlete. I now choose to live an active lifestyle even with a full time work and mom schedule. I now make better food choices for my body type. I now set an example for our 11 year-old daughter in hopes that she will make time for herself, as she grows older. AND I now feel like my husband's girlfriend again, wanting to dress up and be seen with his arms around me.

Even though few pounds still stand in the way of my original bikini goal from 2002, it is no longer the force that drives me. I will always be a work in progress and I want to continue to push myself to be more mentally and physically fit. In the meantime, I truly live for today and know that this journey has helped me to feel like a total woman.

*Congratulations  
Merced!  
Keep up the great work!*

**Look at  
Merced now!  
Body fat: 25%**



**Merced & her  
trainer, Jill**