



p.r.e.p.[®]
SUCCESS

p.r.e.p.[®] RESULTS

Susan Marshall // Dr. Marianne Roosel

Susan Marshall, age 66, is a patient of Dr. Marianne Roosels. Susan is a breast cancer survivor, she has borderline high blood pressure, is pre-diabetic and suffers from painful arthritis in her ankles, fingers, back and knees. At the p.r.e.p mid-point assessment Susan lost 11.7lbs. During the program Susan attended all of her scheduled sessions and followed a healthy eating plan. At the p.r.e.p end-point assessment Susan lost a total of 13.7 lbs. Susan was not only successful in losing weight but she also reports feeling better overall. At the conclusion of the program Susan's blood pressure reading and resting heart rate has improved, she is seeing some relief from her arthritis and improvements in her daily functions and mobility. Susan also feels stronger and more energetic. Susan joined the club and continues to work out regularly.



Flora Spaddan – P.R.E.P. Participant

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John Thul // Dr. Scott Eisenberg

John Thul, age 62, is a patient of Dr. Scott Eisenberg. At the end of July 2015, John had 3 stents put in and was advised to exercise and change his eating habits. At the p.r.e.p mid-point assessment John lost a total of 8lbs and reduced his body fat percentage by 4%. During the program John attended all of his scheduled sessions and also followed the guidelines given during the bi-weekly nutrition seminar. At the p.r.e.p end point assessment John lost a total of 10.6 lbs and reduced his body fat by 5.3 %. John reports feeling better overall and more energetic. He also feels stronger and healthier and improved his blood pressure reading. When asked to comment on his experience John said "You have helped me be successful on the machines. Thank you! I slowly have tried different types of equipment and done well. Everyone I have met here has been very friendly and helpful. The place is very clean and ready for action. I am not the kind of person that usually goes to the gym, but you have certainly made my stay enjoyable and worthwhile".



Carolyn Werblow // Dr. Roger Thompson

Carolyn Werblow, age 71, patient of Dr. Roger Thompson. Carolyn is a breast cancer survivor, suffers from osteoporosis and had two cardiac events. Carolyn attended all of her scheduled sessions and changed her eating habits. Carolyn lost 7 lbs of body fat and gained 2 lbs of lean muscle mass. She has reduced her body fat by 3%. Carolyn has commented that she feels stronger and things like carrying grocery bags are easier.

Joan McQuillen // Dr. Lizett Marza

Joan McQuillen, age 74, patient of Dr. Lizett Marza. When Joan began the p.r.e.p program her goals were to lose weight and build muscle. Joan attended all of her scheduled sessions, added in additional workout days and group fitness classes and attended the bi-weekly nutrition seminars. As a result Joan lost 4lbs of body fat and gained 5lbs of muscle. Her overall body fat percentage was decreased by 2%. Joan reports feeling stronger and more energetic.



Lisa Bilancione // Dr. Lizett Marza

Lisa Bilancione, age 49, is a patient of Dr. Lizett Marza. Lisa began the p.r.e.p program with the goal of losing weight and learning to live an active / healthy lifestyle. Lisa is following a strict diet plan customized by a doctor and is learning to add a structured fitness routine into her busy life. Lisa is attending all of her sessions and working out on her own. At the mid-point assessment Lisa has lost 17.6 lbs. She has also gained 3lbs of muscle and reduced her body fat by 5.6%. Lisa feels great and is well on her way to reaching her goal of better health.



Before



After

Feedback from our P.R.E.P. Program Participants

August 3, 2015

Dear Senior Directors,

I recently completed my PREP program. I lost a total of 9lbs and 4.4% body fat! I would like to express my thanks to Katharine Mazza, as well as Camilla. Katharine was instrumental in my success, both as a personal trainer and a well-informed PREP program partner. Both Katharine and Camilla guided me through my bi-weekly sessions with expertise and optimistic motivation.

Without their support I may not have achieved the 9lb. weight loss. I intend to continue with what I have learned from both of them and plan on incorporating the PREP program into my fitness routine.

These two women are an asset to the program and to the Atlantic Club. I would recommend the program and these two fine trainers to anyone who is looking to jump start and meet their health and fitness goals.

Sincerely,

Karen Hardmeyer

PREP program "Graduate"

"I started the program back toward the end of October 2014. When I first heard about it, I was very apprehensive. However – after meeting Beth and talking to her, I was determined to give it a try. Beth is an amazing trainer. She is patient, understanding and a great motivator. She made me feel extremely comfortable and did a wonderful job explaining the use of the equipment. She helped build my confidence to the point where I was able to work out on my own at times. I have now completed the program and have lost 9lbs. I now have the confidence to continue working out and do not feel intimidated going to the gym. I couldn't have done it with out this program, but especially without Beth's help. It's an amazing program and am very grateful that the Atlantic Club offers it. Thank you Beth and The Atlantic Club for making this possible."

Linda Jeal

"Initially, the structure and support in the Fitness Center and the bi-monthly nutrition education was great. As I progressed, the support from Katherine Mazza (Atlantic Club p.r.e.p. Member Coordinator), the midway body composition results and blood work and the anticipated final results motivated me. It was important to understand the weight, body composition and blood metrics all needed improvement and that that improvement was measured."

John Vargo



"Originally I was told I needed to come to the club for exercise 4 days per week which I thought would be impossible. I was told 2 days per week would not be enough to see results. I decided to make a commitment and find the time. I am so glad I did because I ended up losing 15 lbs. in 60 days! My trainers helped me greatly! I was always asking questions about ways to maximize my program. I ended up joining the Atlantic Club and in one year have lost 60lbs!"

Michael Prince

EXERCISE IS MEDICINE.

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The  Atlantic Club

physician referred exercise program

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