



Avid Rising Star!



Vicki Greco

April 1st, 2011—no April Fools for me this year. I decided it was time for a lifestyle change. I booked an appointment at Avid with a personal trainer, Una. Una started me on a weight loss program because she felt that I was focused and ready.

At the beginning it seemed to be like the TV show “The Biggest Loser.” Una’s expectations initially seemed high & I struggled with the workouts always saying, “It’s too much for me!”

Una turned her deaf ear toward me, continued to encourage me and soon I began to believe in myself. Her goal was to make a runner out of me—something I couldn’t imagine.

Surprise, surprise!

September brings me to the 5th month and I am running 4 times per week with a 5km run each Saturday, dietary changes using real food—improving food choices & calorie counts along with 6 days in the gym at Avid.

I am reaping the benefits of this program! Just the weight loss has put a different spin on my life. My doctor is reducing the dosage of 2 of my blood pressure medications and I actually look forward to my workouts now. Avid’s staff has been a great encouragement to me.

