

## Shannon's Story

When I left the doctors office in March 2009, I knew that I had truly hit rock bottom physically. My weight and blood pressure were out of control. When the nurse took my blood pressure, I saw a skull and cross bones in place of the actual numbers. I felt and looked horrible. At that time, I weighed 304 pounds. I knew that I had to do something not only for myself but also for my family. Where could I go and what would I do to begin this life changing process? One night my wife mentioned to me about joining Train Yard Gym & Fitness. I had never heard of it and when she told me where it was located, I knew why. The only thing that I was ever interested in the Summerdale Plaza, was the "golden arches", that's right McDonald's. I joined



### The start of a long journey

Train Yard Gym & Fitness in March 2009. I really appreciate the 24-hour access. I have been able to lose 90 pounds so far and feel better now, than I did 20 years ago. I would also like to thank Carol S. for her helpful tips and instruction on the proper use of the equipment. I would like to especially thank my guy, Bob M. for being there everyday and for being a great source of encouragement. I couldn't have done it without a great support system. I am living proof that you can change your life ... one day at a time. **START TODAY!**

Shannon Myers

\*Scroll to next page for "After" pics



Today Shannon is 90 pounds lighter, 90 pounds healthier, and TONS happier. Great job Shannon. Keep up the good work. I'm looking forward to posting the update to your story...the one where you tell of reaching your goal weight.

If you have a story to tell, we would love to know about it.