



## Erin Howland



This month's award goes to 'Erin Howland' whom became our very first teenage 'Personal Training Client of the Month'. Erin's story is nothing short of inspiring, I first met Erin in early February and in our first meeting I saw a very shy, unconfident girl whom wanted to make great changes in her life not just with her weight and fitness but also her career into the Navy. Erin told me how she had struggled with her weight for a large portion of her life and tried a few different diet programs that offered very little to no long term results. A combination of poor eating habits and little to no regular exercise led 'Erin' to this point in her life. Hence I could see the frustration in Erin and that led to one of the greatest transformations 'Looking Good and Feeling Great' has ever seen. When I first met Erin in February she weighed in at 91.3kg and at the end of March Erin weighed in at 80.8kg, that's 10.5kg in 2 months, nothing short of extraordinary. Erin lost 5.3g in March and the other 5.2kg. I must admit I really did not think Erin could achieve such great results inside this short period of time, just goes to show that when someone is 'fed up' enough and wants to make a change in his/her life they can achieve incredible results and Erin certainly achieved this. Erin now radiates confidence in comparison to our first encounter and has great ambitions of further weight loss.

Erin's weight loss results are nothing short of legendary, however Erin's fitness had improved out of sight as well. Erin improved by two full levels on the Beep Test, and almost doubled her results in the Push-ups and Squat Holds. But the most amazing results Erin achieved was seen in the Plank Holds, in month 1 Erin achieved 20 seconds and in month two Erin achieved 1:38 seconds which is almost a 500% increase from one month to the next.

Congratulations Erin you are truly an inspiration to those around you and the team at 'Looking Good and Feeling Great' are very proud and honored to have you as one of our clients.

**Check out Erin's fantastic Stat's below:**



	Month 1	Month 2
Weight	91.3kg	80.8kg <b>(That's 10.5kg in 2 Months)</b>
Beep Test	3.2	5.3
Push-Ups	25 Knees	40 Knees
Squat Holds	1 min 30 seconds	2 min 30 seconds
Plank Holds	20 seconds	1 min 38 seconds

Yours sincerely

Denver Oliveux

***PS. Remember – To Look Good you have to Train Ugly!***