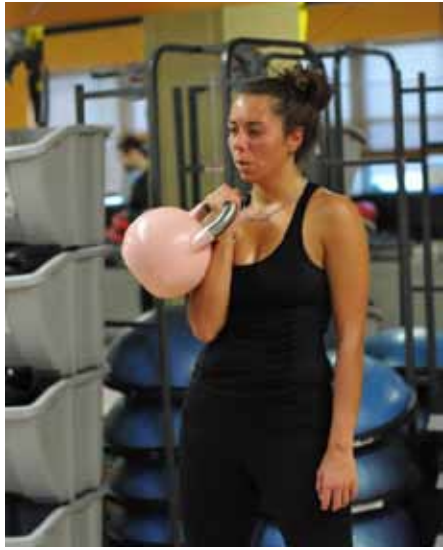


JEN'S TESTIMONIAL



WHEN I PICTURE MY LIFE AT THIS TIME LAST YEAR, IT MAKES ME SAD TO THINK I ACTUALLY CONSIDERED THAT A LIFE...

I worked, came home, watched TV, and ate junk. It was a lifestyle I had been accustomed to my whole life. Believing time off should be spent relaxing and that actually being active was a bad thing. I hit rock bottom that year when I realized I was 220lbs. I couldn't believe I had allowed myself to be so out of control. On a whim I joined a bootcamp at Alive Personal Training. At this bootcamp Damir taught one of the classes. The first week of that bootcamp I almost quit. I couldn't keep up with anyone, I couldn't run a city block, and I felt disgusted with myself. Then at one of the classes Damir helped me to run the city block in intervals. The fact that he was willing to find a way to help me do it showed me there was hope. It also showed me people were willing to help if I was willing to help myself.

Immediately following the bootcamp I started to work with Damir one-on-one three times a week. I never thought I would be the person going to the gym 6 days a week but that is what happened. Damir showed me a way to enjoy working out while achieving some pretty amazing results. I went from being unable to run

a city block to training for my first half marathon, to not knowing what a kettlebell was to being able to do kettlebell swings for over a minute straight, from not being able to keep up to being close to the front. He showed me how developing strength in the gym could help to bring strength to every aspect of my life.

I have joined several gyms before; I have even worked with another personal trainer before. Nothing could have prepared me for the journey I went through with Damir. He truly cares about his clients and this is evident in everything he does. My mind set now is totally different than it used to be. I used to be okay with just being average, now I set goals and continuously make them harder. Working with Damir has taught me that anything is possible and that the word "can't" should not exist in my vocabulary. Although, I will admit I still say it every time he comes up with a crazy new exercise for me to try. The difference is now I say "I can't" and I do it anyway, before when I said it I would stop and not go any further. I remember one time Damir asked me to jump up onto a stair, not a big one,

just a normal stair, and land with two feet. I have no idea why but this was the hardest thing I ever did. Damir sat patiently while I failed to do it over and over again. When I finally landed it he smiled and said that wasn't so bad was it. That little obstacle was a stepping stone to being able to do whatever I wanted in the gym and within my own life in general, talk about giving a person an amazing gift, the courage to keep trying until you finally succeed.

When I started this journey I was 220lbs at 5'7", I had Kidney disease, and I was unable to get through more than 20 minutes of physical activity. Now I am 5'7", 150lbs. My Doctor was astonished to see my latest test results that showed my kidneys are now fully functioning. I now workout 6 days a week, 3 times with Damir and 2 times in his kickboxing and TRX classes, the last day is reserved for swimming. My favorite day of the week is Saturdays because I spend an hour in kickboxing, followed by a half hour of abs and finish it all off with anywhere from a 5k to 21k run with Damir. What he has done for me has given my body strength, it has given me the confidence to wear a bikini for the first time ever, it has reversed all of my health problems, and it has given me a new hobby that I will never give up. But most importantly Damir has given me the mental strength to get through anything in my personal life, at work or at the gym. When you have someone beside you watching you transform your life and helping you get those results there is nothing you cannot do. I have for the first time ever achieved weight loss in a sustainable and healthy manner. And along the way I have met a person who encourages me, pushes me and makes me want to be a better person. Now I know what living is really about and I will never go back to my old way of life.