

Achieve Fitness – Silver Spring

“The fat teenager – the one who had to wear polyester stretch pants because of thunder thighs and saddlebags – still lives inside this grown woman.”

**[insert name here] Found the Key to Her Weight Loss  
and Slid Out of Her Size 14s by Losing 20  
Pounds in Just 6 Short Weeks!**

When I was growing up in the 60s – back when skinny stovepipe pants, gauzy hippie tops, and flowers painted on our cheeks were the fashion – I never had what I really wanted.

Hips and thighs that could fit into those skinny stovepipe pants.

My best friend, Nina, had the perfect look: long, straight blonde hair, blue eyes, and boy sized hips that could wear hip huggers and skinny pants and look great doing it.

Boys paid attention to her not the fat girl who had to wear polyester stretch pants because of thunder thighs and saddlebags.

Fast forward to today and that fat girl still lives inside this grown woman. I've jumped aboard every food fad from the grapefruit diet to South Beach to Atkins. I've belonged to at least a half dozen fitness centers and workout clubs and, while it comes off sometimes, it never stays off.

I want pretty hips that don't make me look like I've got bike panniers on the outside of my upper thighs. No, I'm not super vain. No, I'm not totally unhappy with my figure. Yes, I celebrate the curves – I just want a bit less of them.

And then it happened.

Like the right tumblers falling into place on a complicated lock, the answer was in front of me on my computer screen. It was the one thing I hadn't tried.

A personal trainer. And right here in Silver Spring!

## My Personal Trainer in Silver Spring Made My Dreams Come True

Losing weight and shaping my hips has been a fitness goal of mine for 40 years. The older I got ... and the more I realized how Type 2 diabetes and hypertension run in my family ... the hotter my desire became to conquer these hurdles and achieve my goals.

And that's a real issue for a lot of us: setting and reaching those goals.

Luckily, the personal trainers at [achieve-fitness.com](http://achieve-fitness.com) in Silver Spring are experts at helping you do that. The goals are not only reasonable -- you progress at your own pace -- they are reachable and that's half the battle right there. It's one thing to have lofty goals; it's quite another to have them so far out of reach that the only road you're looking at is Disappointment Street.

Not so with [achieve-fitness.com](http://achieve-fitness.com) in Silver Spring.

At first I was worried that this would be another diet filled circus where I had help for the first part of the journey but then was left to my own devices to finish it. And ... I'm not afraid to say it ... I was scared that that this "program" would have me so hungry I would crack, cave in, jump in the car, and purchase a multitude of Taco Bell hard tacos. Oh, with a side of mashed potatoes and gravy from KFC thanks very much!

But that didn't happen.

My personal trainer made it easy because she helped me keep on task at each and every turn so I not only lost weight but carved inches from my hips and thighs. The number one difference between joining a gym and working with my Silver Spring personal trainer was that I had someone to guide me personally not as a number in a large class. I now have the just-right exercises to make my hips and thighs finally look pretty.

And the best part of all is [achieve-fitness.com](http://achieve-fitness.com) has an option that let's you try out their services without having to sign up for a pricey package first: **A Complimentary Consultation** [\[link highlighted words to contact page\]](#)

And you'll have your pick of trainers in the Silver Spring, Maryland area so you can find the right person to fit your personality perfectly, like ...

[\[insert trainers here\]](#)

## Cross the Bridge From Feeling Overwhelmed by the Diet and Exercise Roller Coaster to Living a Balanced and Healthy Life

You can live your life in a personal best body. I now have the right exercises to keep those saddlebags toned up and know what foods tend to pack on the pounds in that area of my body. I've gone from a size 14 pant to being comfortable in 10s. I wish those stovepipes were still in fashion.

Put yourself first for a change and shed your overweight body and overwhelmed spirit by:

- ✓ Setting and achieving reasonable goals for weight-loss success
- ✓ Short-circuiting the diet and exercise demons and the emotional triggers that cause you to overeat
- ✓ Crafting a nutrition action plan that keeps you feeling full throughout the day, not deprived and reaching for the dozen doughnuts in the conference room – all by 9 AM!

### Check Out [achieve-fitness.com](http://achieve-fitness.com)'s Track Record ...

- Over 15,000 lbs of unwanted fat lost
- Over 10,000 training sessions held
- Over 1500 satisfied clients

[insert testimonial here]

And you'll get EXACTLY what I did: A 100% money back guarantee. [insert seal from money back guarantee page here]

If you still haven't made progress after 6 weeks of following your trainer's instructions, completing the assigned workouts, following the nutrition plan, and logging both of these into your journal they will refund your money down to the last cent.

**You Can Shed Up to 20 Pounds in 6 Weeks**

All you have to do to reach this goal is follow through with the action plan your personal trainer designs. Losing weight, toning up, and feeling great is as simple and easy as getting in touch with [achieve-fitness.com](http://achieve-fitness.com).

See how [insert name here] did it ...

[insert weight loss testimonial here]

Check out the dozens of [personal stories](#) [\[link highlighted text to testimonials page\]](#) on the [achieve-fitness.com](http://achieve-fitness.com) website.

Call them right now at 888-225-9205 or send them an [email](#) [\[link highlighted text to contact page\]](#) to get started on the best year of your life. There's nothing to lose when you schedule your FREE personal trainer consultation in Silver Spring. They'll show you how to achieve all of your fitness in the comfort of your own home!