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1986

The Firm - Voted "BEST WORKOUT"
by Glamour, Self, Seventeen and
Harper's Bazaar magazines



~THE~ ALUMNI

OF

THE FIRM F.I.T.



Established in 2003, the FIRM F.I.T. program continues to evolve and improve every session and to date over 450 clients have graduated from the program. The "return on investment" (ROI) for the program is huge because the cost is not just spread out over 8-weeks but spread out over everyday of the rest of your life.

FIRM F.I.T. is about providing your body the right components it needs to use fat for fuel and increase lean muscle. It is about balance, intensity and personalized information to achieve a strategy for long-term success. Health and wellness is a marathon and not a windsprint, learn to make smart decisions everyday that will change your health and body composition forever.

Where are they now? FIRM F.I.T. Alumni Check-in (Results achieved over time) -

JAYNE



Lost 6" off her abs and 5" off her hips!

- Down 39 pounds
- Lost 6 inches in Abs
- Lost 5 inches in hips
- Body Fat % down 31%
- Lean Mass % up 23%

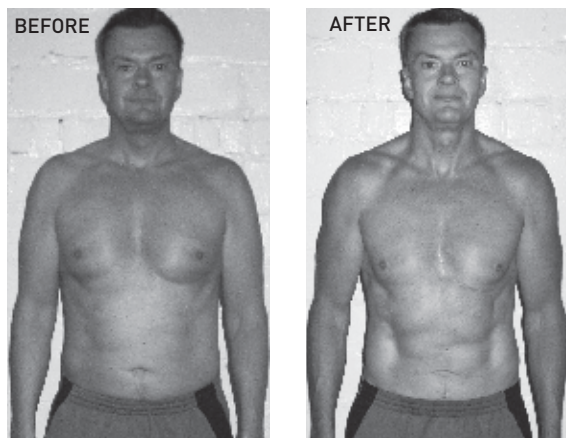
MARY



Lost 40 lbs and dropped 5 dress sizes!

- Down 40 pounds
- Dropped 5 sizes
- Total cholesterol - down 30 points
- LDL down 50 points
- HDL up 30 points
- Cholesterol Ratio down 2 full points

PAUL



Lost 30 lbs and 3" off his abs!

- Down 30 pounds
- Lost 3 inches in the Abs
- Body Fat % down from 28% to 13%

ERIC



Lost 5.5" off his waist!

- Down 34 pounds
- Lost 5.5" off the waist

EMILY



Lost 25 lbs and 4.50" off her hips!

- Down 25 pounds
- Lost 4.5 inches in the hips
- Lost 4.25 inches in the Abs
- Body Fat % down from 32% to 20%

“I can't begin to tell you what this program has meant to me. I will be 40 this year, and I have NEVER had a 'fit/toned' body, I have never eaten "healthy" - these changes have so given me more confidence, and motivated me to keep it up, I feel GREAT! Thank you, thank you, thank you!!!! ...I have so much more energy and perseverance...!”

-William

NEXT SESSION OF THE FIRM F.I.T. STARTS October 16, 2010!

For more information or to sign-up, contact Neil Miyamoto at 612-810-4052 or by e-mail at nmiyamoto@thefirmmpls.com or [click here](#) for more info.