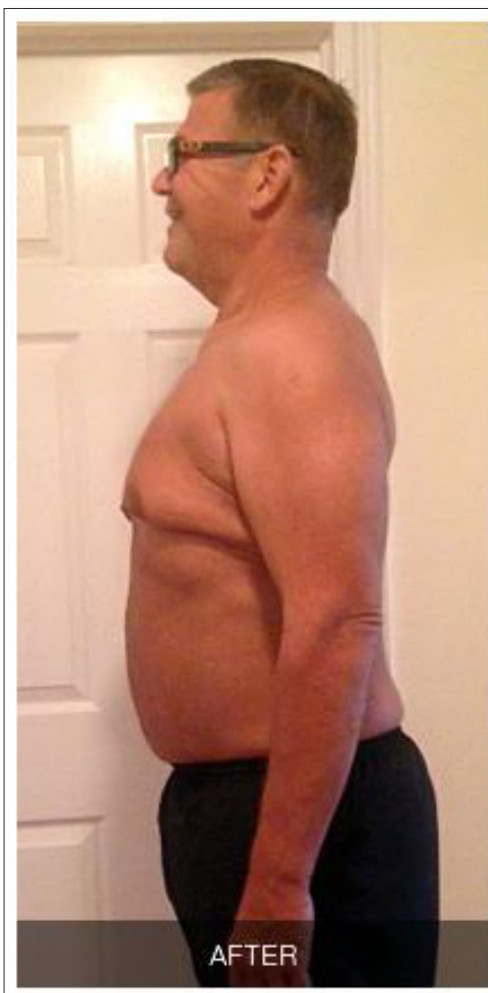
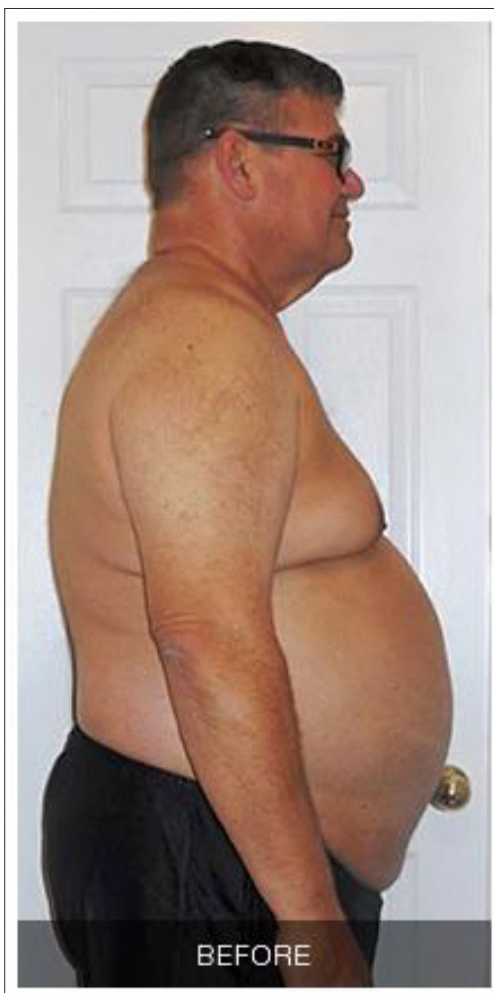


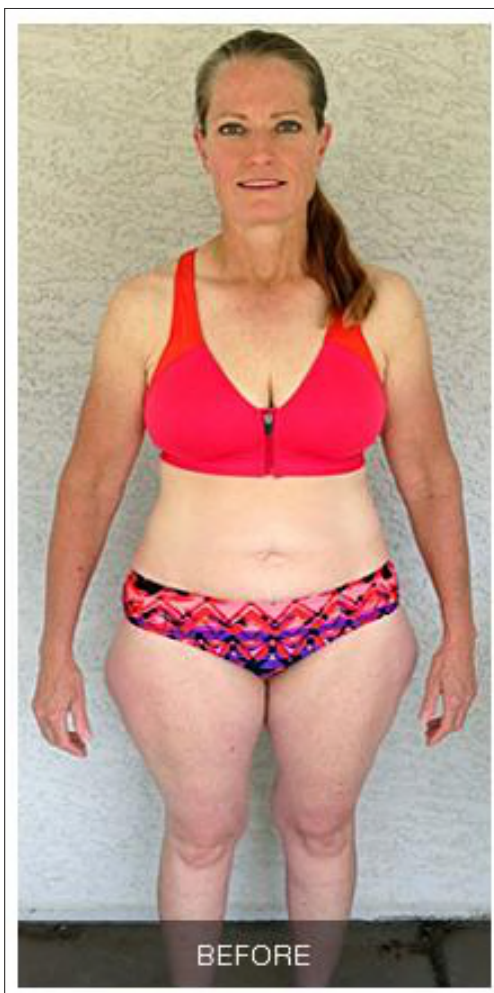


GetFit 
Creating Healthy Lifestyles

MATT



	BEFORE	AFTER
Weight	314 lbs	246 lbs
HbA1C	7.1	6.4
LDL	80	64
Triglycerides	116	125
Cholesterol	143 pts	123 pts
Waist	56 inch	42 inch
Body Fat	37 %	26 %



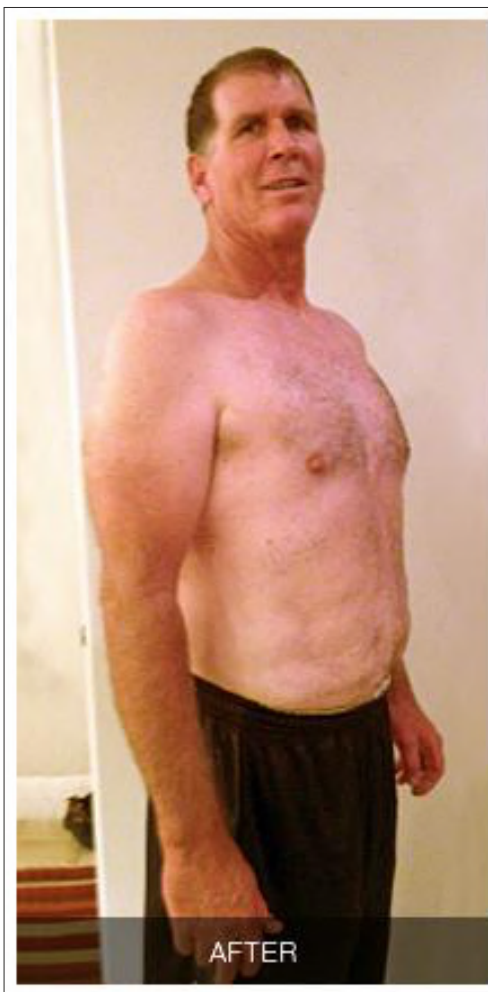
MARIANNE

	BEFORE	AFTER
Weight	178 lbs	152.7 lbs
HbA1C	5.8	5.6
LDL	109	85
HDL	67	94
Triglycerides	49	52
Cholesterol	186 pts	189 pts
Body Fat	34 %	25 %



MIKE

	BEFORE	AFTER
Weight	221 lbs	177.4 lbs
Triglycerides	112	78
Cholesterol	193 pts	149 pts
Fasting Glucose	79	68
Waist	47.5 inch	35 inch
Hips	44 inch	37 inch
Body Fat	36 %	20 %



TONY

	BEFORE	AFTER
Weight	281 lbs	230 lbs
HbA1C	7.5	6.5
LDL	unmeasurable	83
HDL	29	41
Triglycerides	931	84
Cholesterol	307 pts	141 pts
Body Fat	41 %	32 %

STEVE



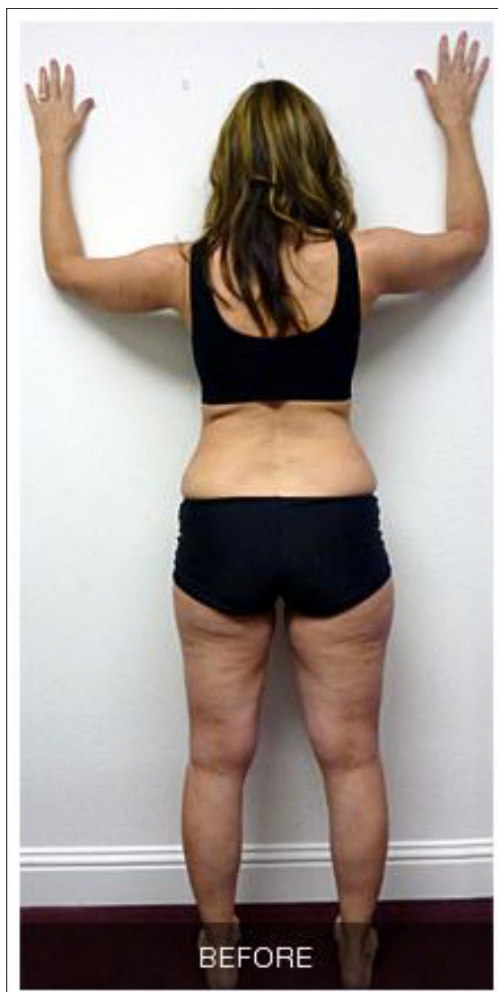
	BEFORE	AFTER
Weight	256 lbs	198 lbs
HbA1C	5.3	5.1
LDL	152	130
HDL	35	43
Triglycerides	146	88
Cholesterol	216 pts	191 pts
Body Fat	32 %	13 %



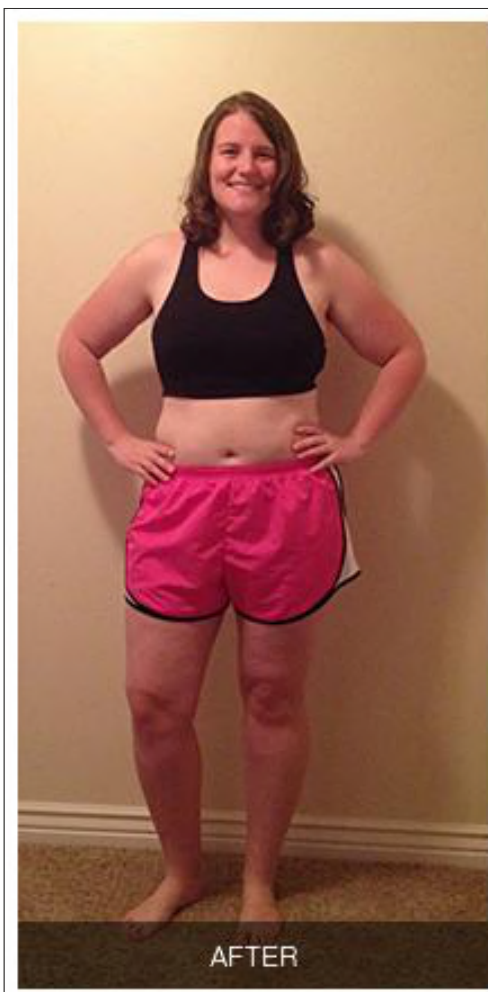
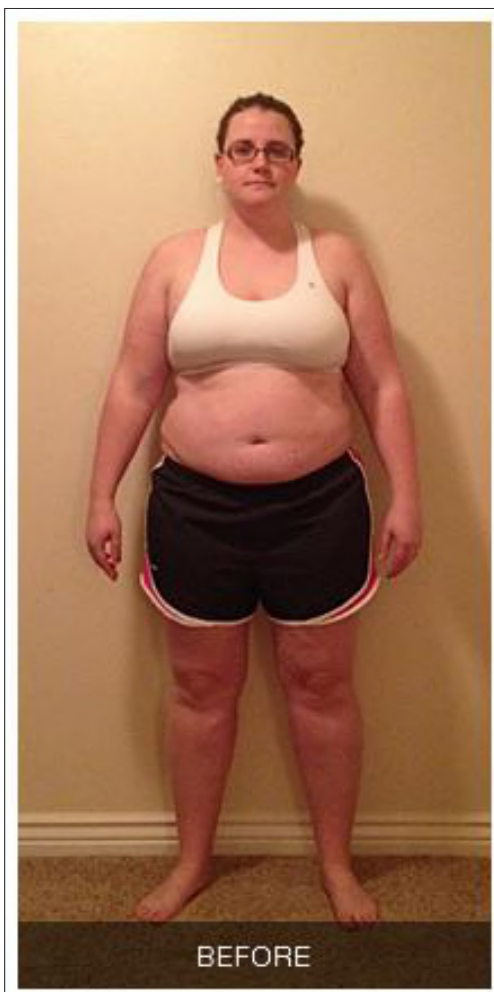
ANN

	BEFORE	AFTER
Weight	180 lbs	147 lbs
HbA1C	5.9	5.8
LDL	104	86
Triglycerides	118	70
Cholesterol	177 pts	147 pts
Waist	34.5 inch	28 inch
Body Fat	44 %	26 %

APRIL



	BEFORE	AFTER
Weight	158 lbs	132.8 lbs
LDL	82	75
Triglycerides	61	58
Cholesterol	144 pts	129 pts
Waist	32 inch	24 inch
Hips	42 inch	35.5 inch
Body Fat	36 %	18 %



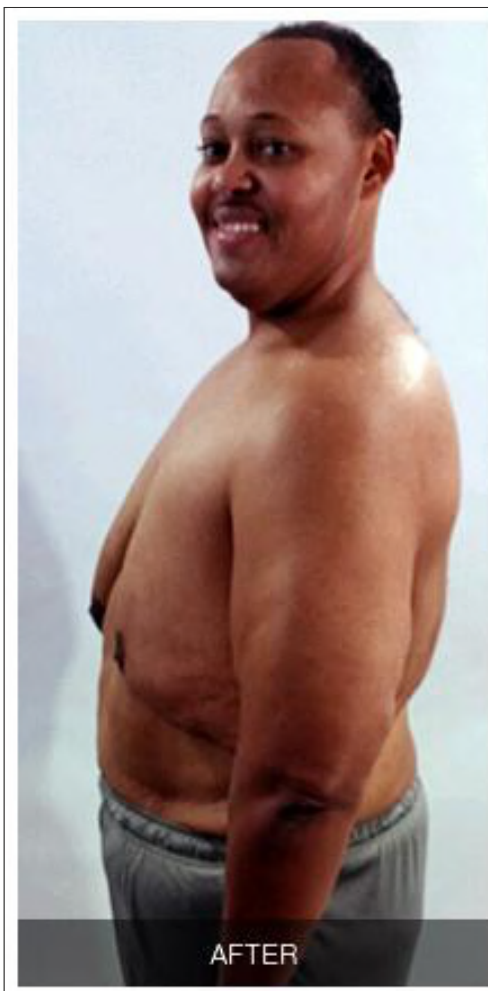
HEATHER

	BEFORE	AFTER
Weight	238 lbs	195.6 lbs
HbA1C	5.5	5.3
LDL	91	85
HDL	42	48
Triglycerides	176	101
Cholesterol	168 pts	153 pts
Body Fat	49 %	37 %

BILLY

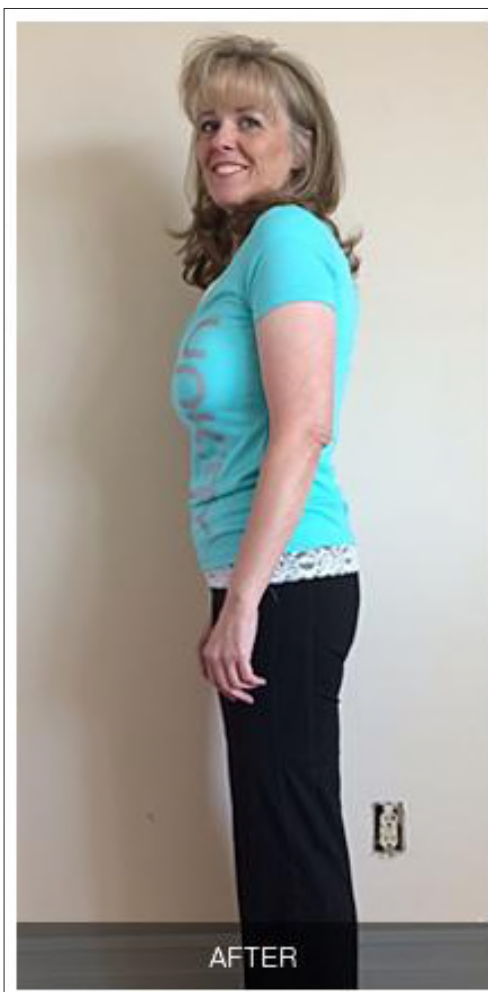
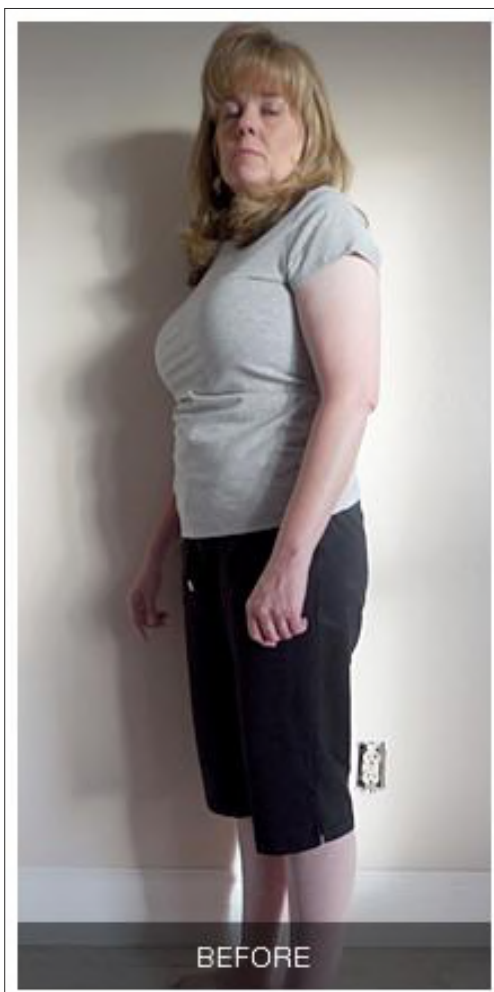


	BEFORE	AFTER
Weight	218 lbs	174 lbs
HbA1C	5.5	5.3
HDL	24	32
Triglycerides	366	97
Cholesterol	190 pts	160 pts
Waist	46 inch	33 inch
Body Fat	30 %	16 %



ANDRE

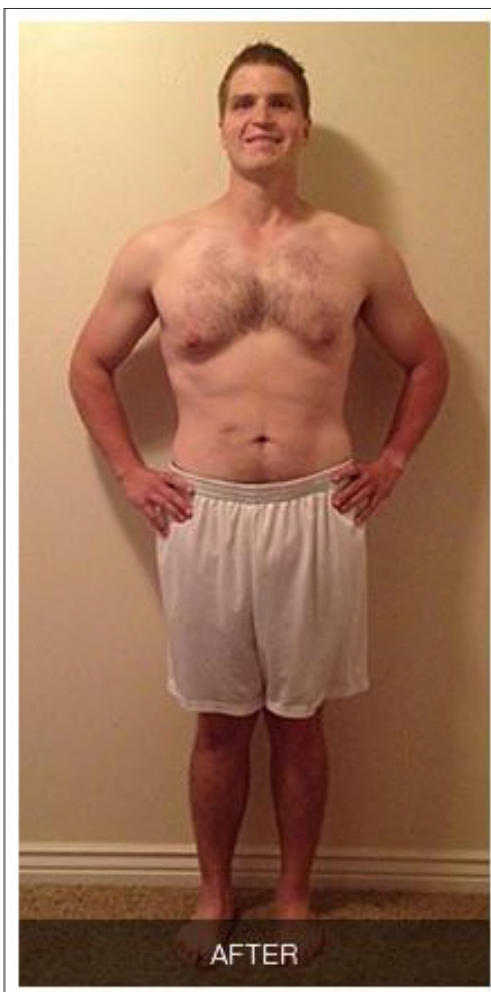
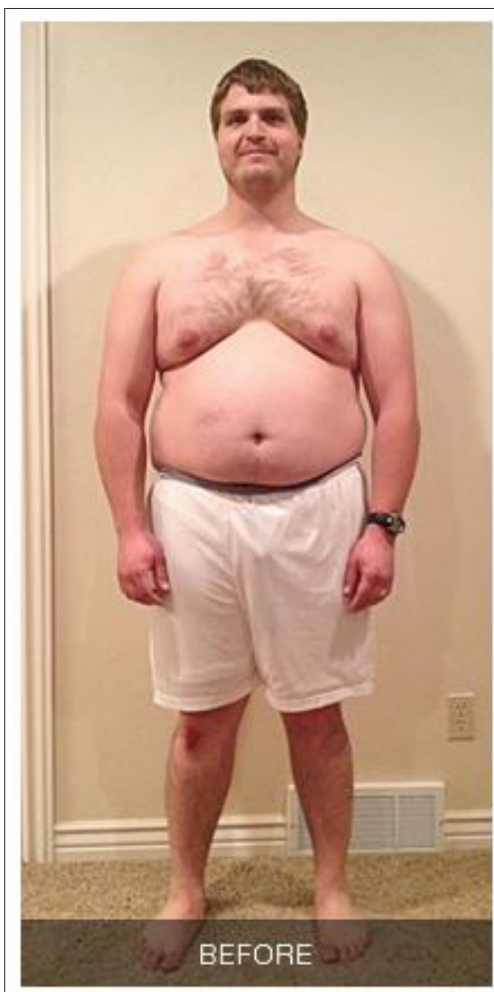
	BEFORE	AFTER
Weight	388 lbs	288 lbs
HbA1C	5.4	5.1
LDL	116	88
HDL	44	57
Triglycerides	80	54
Cholesterol	193 pts	149 pts
Body Fat	49 %	35 %



TANNA

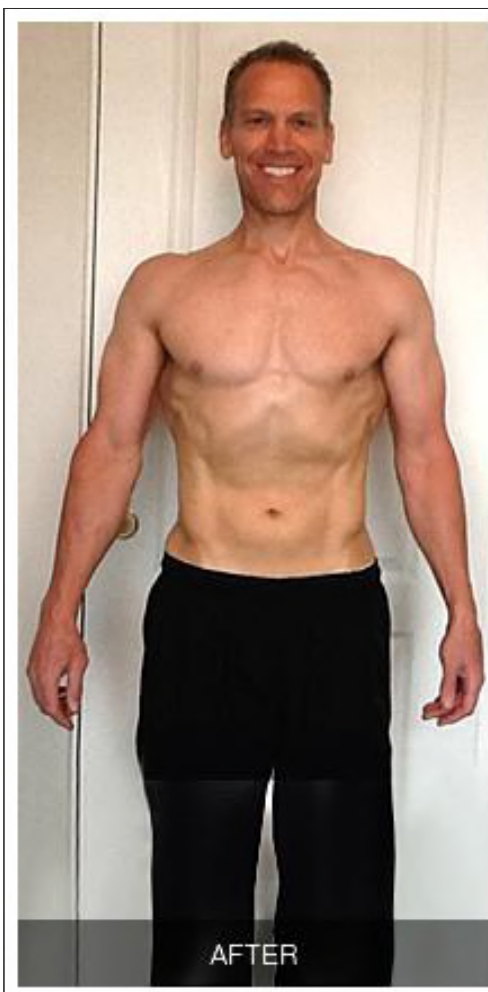
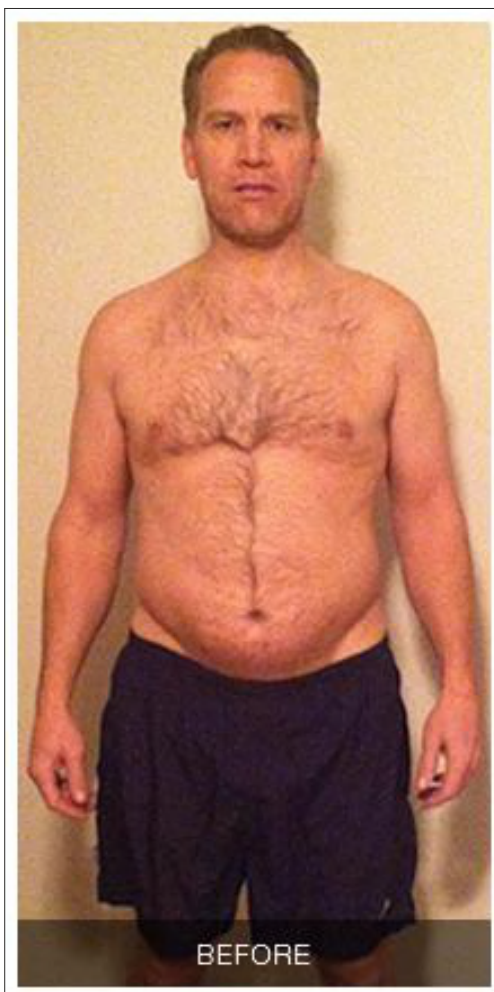
	BEFORE	AFTER
Weight	146 lbs	125.6 lbs
HbA1C	5.6	5.2
LDL	103	93
Triglycerides	170	86
Cholesterol	179 pts	147 pts
Waist	30 inch	26.5 inch
Body Fat	30 %	23 %

ZAHARY

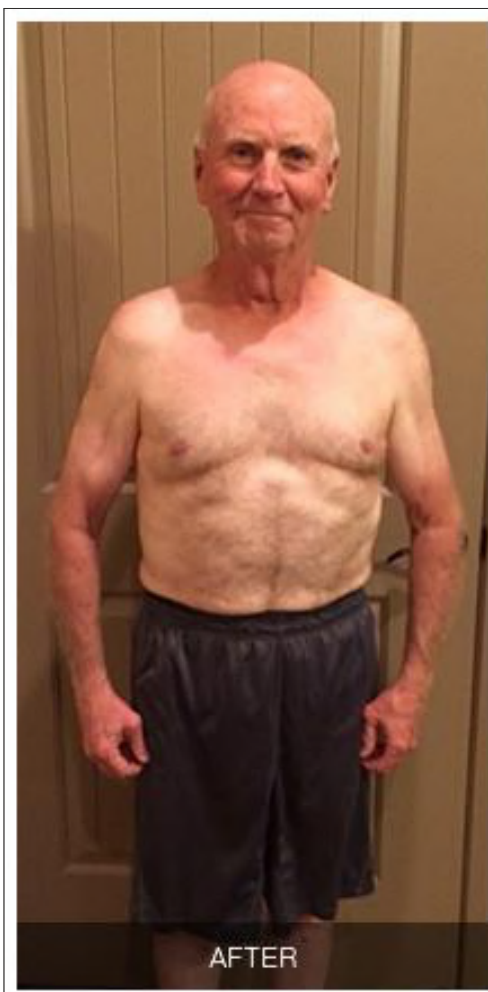
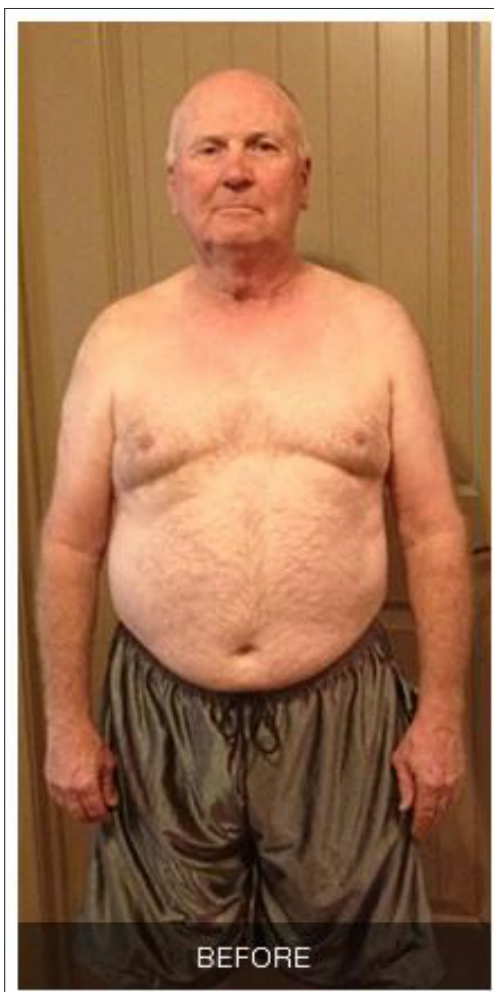


	BEFORE	AFTER
Weight	283 lbs	219.6 lbs
HbA1C	5	5.2
LDL	137	98
HDL	55	65
Triglycerides	64	55
Cholesterol	205 pts	174 pts
Body Fat	38 %	23 %

DOUG

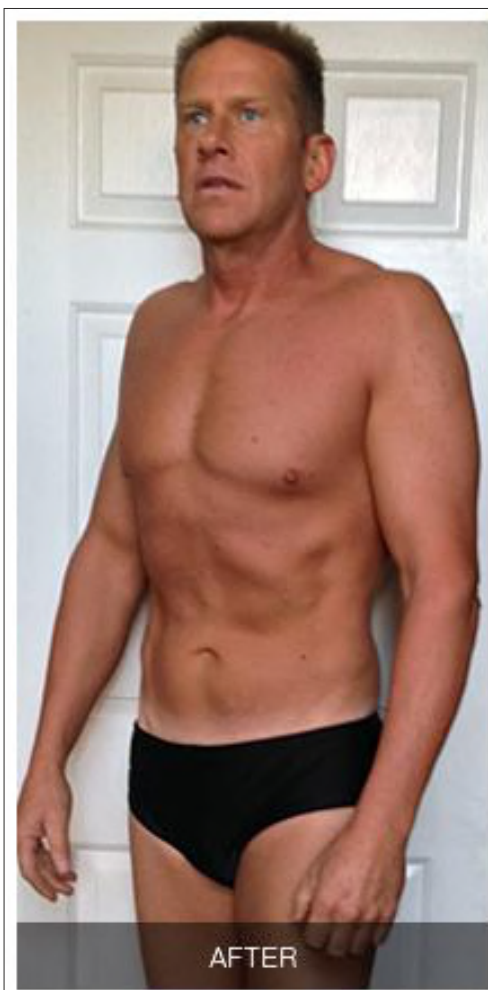
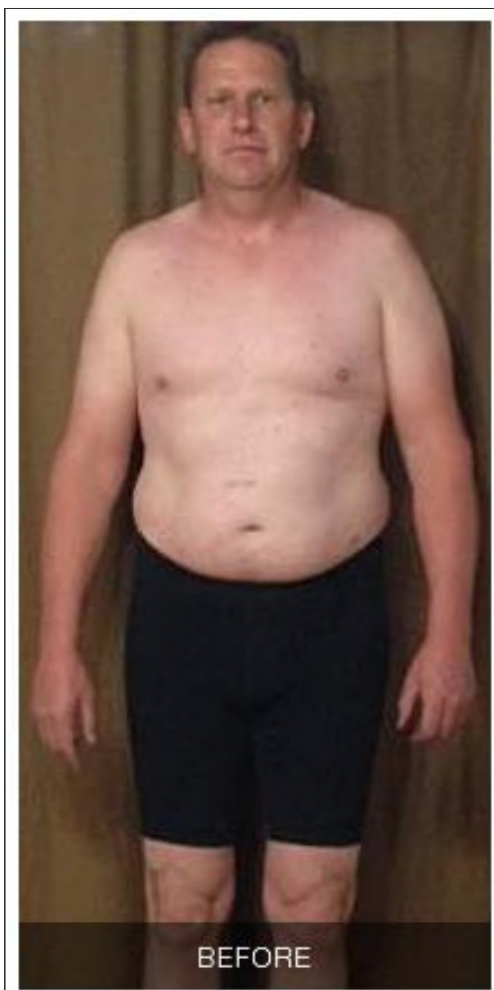


	BEFORE	AFTER
Weight	180 lbs	157 lbs
LDL	163	102
HDL	50	64
Triglycerides	83	34
Cholesterol	230 pts	173 pts
Waist	36 inch	30.3 inch
Body Fat	20 %	12 %



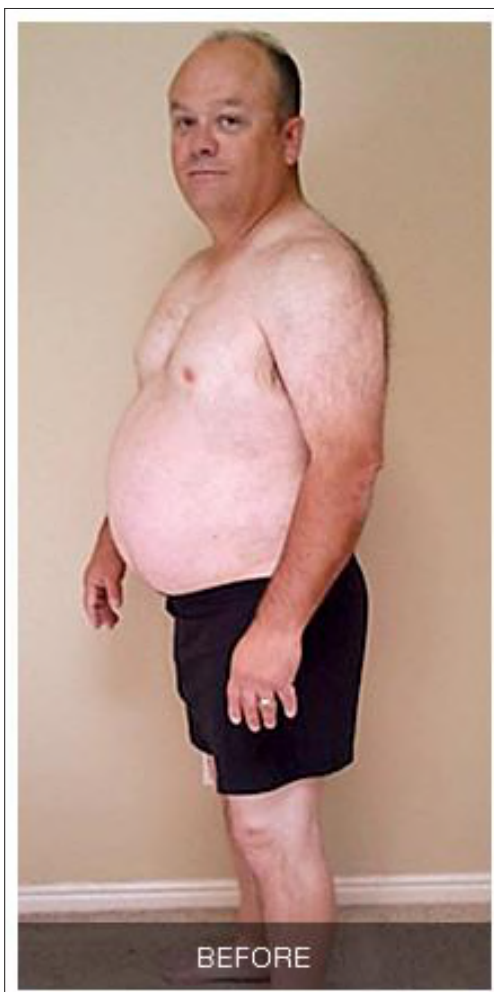
EDDIE

	BEFORE	AFTER
Weight	186 lbs	149 lbs
HbA1C	5.8	5
LDL	135	82
HDL	26	46
Triglycerides	121	56
Cholesterol	185 pts	139 pts
Body Fat	30 %	22 %



RICHARD

	BEFORE	AFTER
Weight	245 lbs	198 lbs
HbA1C	5.5	5
LDL	145	95
HDL	36	53
Triglycerides	66	54
Cholesterol	194 pts	159 pts
Body Fat	25 %	16 %



KIRK

	BEFORE	AFTER
Weight	228.4 lbs	177 lbs
HbA1C	7.5	5.6
HDL	22	32
Triglycerides	277	108
Cholesterol	150 pts	135 pts
Waist	48.3 inch	36 inch
Body Fat	36 %	24 %



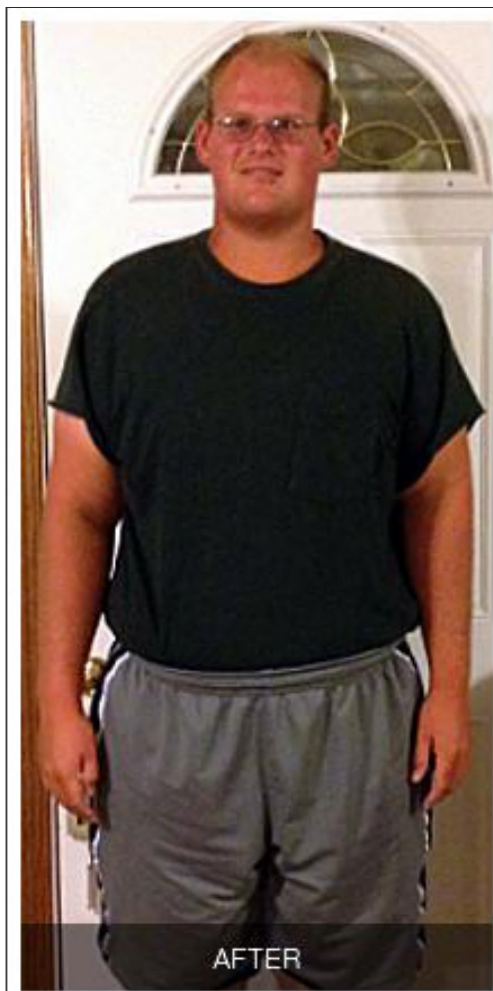
BRIAN

	BEFORE	AFTER
Weight	232 lbs	193 lbs
HbA1C	5.7	5.6
LDL	107	75
Triglycerides	90	52
Cholesterol	186 pts	143 pts
Waist	46 inch	37 inch
Body Fat	25 %	22 %

KELLY

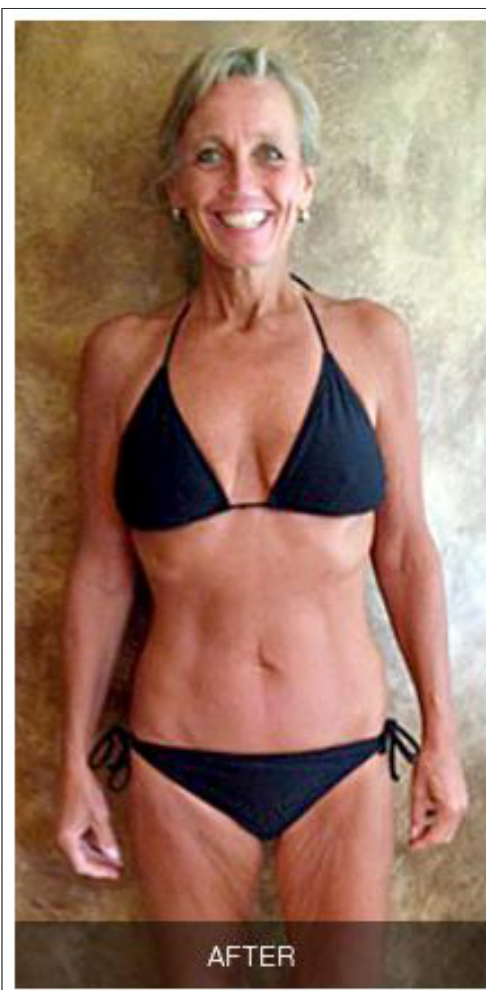


	BEFORE	AFTER
Weight	162 lbs	142 lbs
LDL	137	123
HDL	49	53
Triglycerides	69	79
Cholesterol	200 pts	192 pts
Waist	35 inch	31 inch
Body Fat	19 %	16 %



ALEX

	BEFORE	AFTER
Weight	370 lbs	293.2 lbs
HbA1C	5.3	4.9
LDL	122	52
HDL	45	32
Triglycerides	51	26
Cholesterol	177 pts	89 pts
Body Fat	39 %	35 %



COLEEN

	BEFORE	AFTER
Weight	135.2 lbs	119.7 lbs
HbA1C	5.2	5.1
LDL	100	96
HDL	56	58
Triglycerides	112	74
Cholesterol	178 pts	169 pts
Body Fat	31 %	20 %



SHELLEY

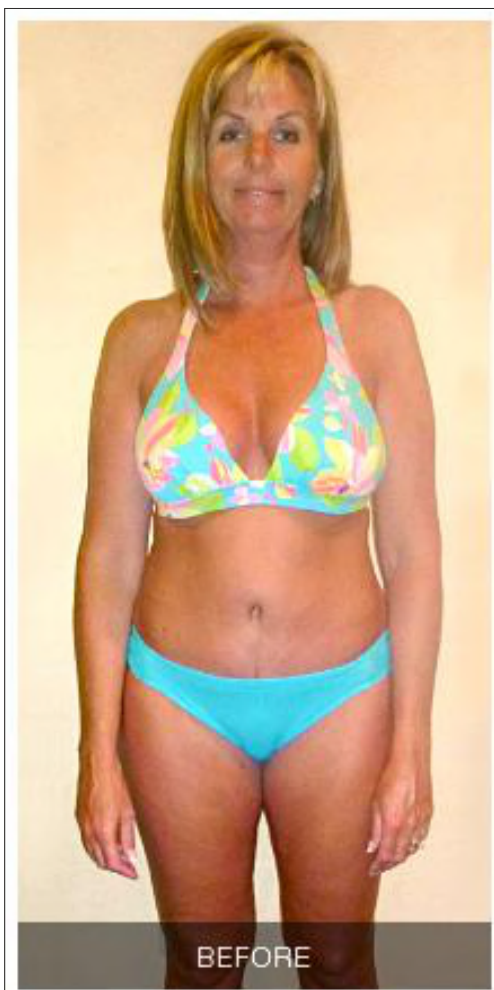
	BEFORE	AFTER
Weight	165 lbs	141 lbs
HbA1C	5.5	5.3
LDL	unmeasurable	44
HDL	50	44
Triglycerides	404	171
Cholesterol	247 pts	154 pts
Body Fat	43 %	28 %



JUSTIN

	BEFORE	AFTER
Weight	266 lbs	213 lbs
HbA1C	5.3	4.8
LDL	73	66
HDL	33	29
Triglycerides	122	73
Cholesterol	130 pts	109 pts
Body Fat	30 %	22 %

TOREY



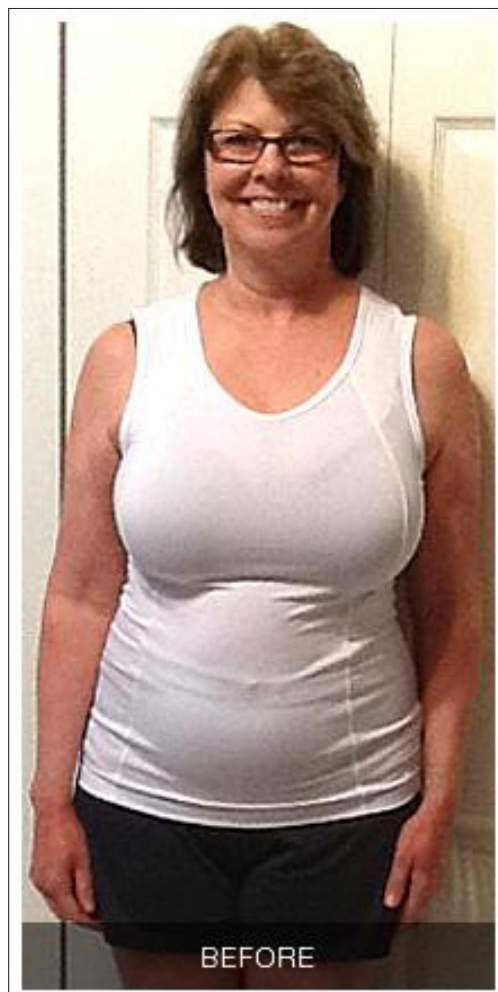
	BEFORE	AFTER
Weight	147.4 lbs	128.6 lbs
LDL	85	76
HDL	58	56
Triglycerides	67	59
Cholesterol	156 pts	144 pts
Waist	30.3 inch	26 inch
Body Fat	32 %	21 %



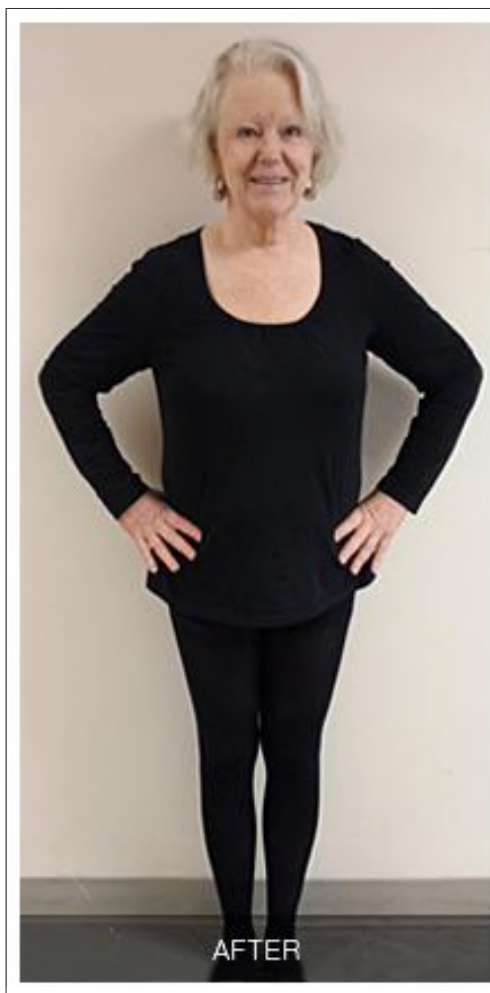
TOM

	BEFORE	AFTER
Weight	330 lbs	277 lbs
HbA1C	5.5	5.1
LDL	93	90
HDL	30	38
Triglycerides	118	83
Cholesterol	147 pts	145 pts
Body Fat	44 %	38 %

KIMBERLY



	BEFORE	AFTER
Weight	152 lbs	128 lbs
LDL	143	160
HDL	83	87
Triglycerides	102	99
Cholesterol	246 pts	267 pts
Waist	35 inch	28 inch
Body Fat	38 %	25 %



SHARON

	BEFORE	AFTER
Weight	217.4 lbs	153.6 lbs
HbA1C	5.8	5.7
LDL	118.56	120.51
HDL	71.6	40.56
Triglycerides	242.97	110.36
Cholesterol	239 pts	197 pts
Body Fat	59 %	36 %

MATT



	BEFORE	AFTER
Weight	234 lbs	195 lbs
LDL	112	79
HDL	39	52
Triglycerides	158	67
Cholesterol	183 pts	144 pts
Waist	41 inch	35 inch
Body Fat	27 %	12 %