

# Stephen Ryan

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## **Why did you start Personal Training?**

*I started training with Greg in May 2006 with one goal in mind: to feel comfortable enough to take my shirt off at the beach that summer. In 3 months I noticed significant changes in my body i.e. loss of body fat, muscle gain and a new sense of confidence. Training with Greg 2-3 days a week and working out on my own 3 days a week, I incorporated his workout routine into mine. With Greg's guidance and expertise and my hard work, I was able to take my shirt off last summer and feel good about my body!*

## **What would you say to someone who said they don't have time to workout?**

*I didn't think I had the time either, but when I made regularly scheduled appointments with my trainer, it became a part of my daily scheduling of appointments. Just as you have work meetings, doctor appointments, etc. training has become a regular part of my calendar. It becomes a routine and a priority.*

## **What is your favorite thing about the BAC?**

*Being a member of the Boston Athletic Club for 10 years, I have never felt limited to doing only one thing. There are so many options to take advantage of, such as spinning, swimming, sculpting classes and the personal training programs, to mention a few. Being involved with personal training is a great challenge for me and I highly recommend it to anyone who wants to change the way they look and feel about themselves. The extra money is well spent because you can't put a price on your health and well being. My personal training with Greg has paid off 10 fold. Go ahead, commit yourself to the challenge, set a goal, and achieve it!*

