

# Ann Marie Farma

*Since becoming a member of the Boston Athletic Club, through Personal Training and the Biggest Loser program, I have lost 25 pounds, dropped dress sizes, and now have co-workers telling me I need to get my clothes tailored!*

## **Have you always been an exerciser?**

*God no! I have so much going on in my life, but Personal Training keeps me coming consistently. Knowing that I'd see Greg in two weeks and have him say 'haven't seen you in awhile!' encourages me to make it a priority. I've also realized that the only way to fix some medical conditions that were recently brought to my attention is through diet and exercise. This has made me learn how to manage being both a mom and an exerciser. I've done things this year I never thought I would do.*

## **What would you tell people who want to start exercising?**

*Start slow. Don't overwhelm yourself. Putting this advice to use, I've encouraged a woman I work with to walk with me on our lunch breaks. She hadn't been doing anything for a long time, but now we lace up our sneakers and get moving mid-day. "You don't have to start out with 5 heavy days a week...it's okay to start slow and ramp up."*

## **Do you feel you got results from the Biggest Loser program? Would you recommend it to other members?**

*Yes, definitely! It forced a structure and a routine for me. There are certain classes you had to do, and certain times that you had to be here. Also I knew that Louise would be here to hold me accountable. I feel more comfortable at the gym now. I know my way around, and where to find things. At one point during the program I was on the treadmill for 45 minutes straight...I don't really like the treadmill, so that was a big accomplishment for me! Also, the nutrition classes were great. The Biggest Loser program was the full package of every component for weight loss that you need. I would definitely recommend it to others!*

