

Isabella

“Weight is something with I have struggled with my whole life, I mean, I just LOVE food! I have “yo-yoed” and tried a number of diets in the past that would work for a while and then I would stop and, well, you know how it goes. Looking at the pictures my family had taken from Christmas 2015, I thought something had to change. I am 5’3” and in my “before” picture I weighed 165lbs and 38% body fat. I remember having a conversation with my dad on our way home and being hesitant to spend time/money on a personal trainer. My dad told me, “any investment in yourself is one worth making.” So I did it, I started working with Caitlin in Jan 2016. Caitlin helped me target my goals, create a personalized workout routine, and helped me remain motivated/accountable. As a nurse- I thought I knew my stuff about health and nutrition, but I had so much to learn. I am now 133lbs and 23% body fat. I feel great about myself and hope to continue my progress. The main thing I learned from Caitlin is how to make a lifestyle change- you can still enjoy life and make smart choices too. Life does not need to be a yoyo. For me- consistency and education were key. Want to make a good investment? Make it in yourself!”

- Isabella Villani, Client



Caitlin Monaghan

Contact Information:

cmonaghan@bostonathleticclub.com

