

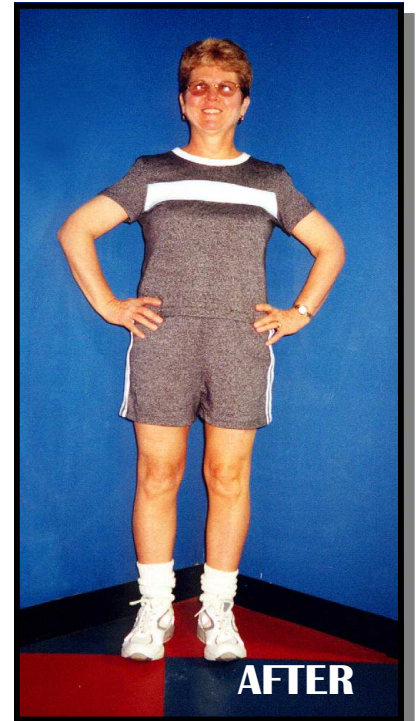
Positive Results



**53-Year-Old
Cathy Flanner
Lost
45 POUNDS**



www.shellyfitsimmons.com



Personal Training with SHELLY FITZSIMMONS



Jim Garza

Age 47

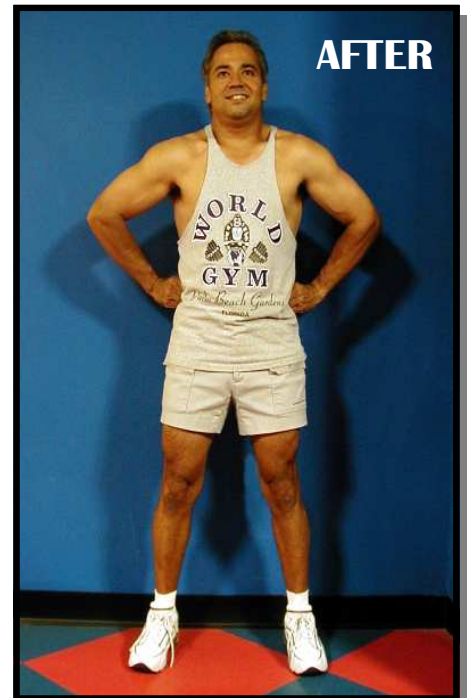
**Before: 197 lbs.
35% Body Fat**

**After: 166 lbs.
16% Body Fat**

**Lost 36 lbs. of Fat
Gained 5 lbs of Muscle**

**Jim lowered his
total cholesterol from
220 (High) to 164 (Normal)**

**A decrease of an amazing
56 points.**



For Results...Call Shelly @ 707.235.6426