



When I first heard about ToBeRe..., I thought, "To Be What?" And then my friend explained – the "Re" was for whatever you needed it to be - Rejuvenated, Rediscovered, Restored... okay, I sort of got it. He gave me Keith's number and told me to meet with him. I was expecting the conversation to be about my personal goals and why I've struggled to get in shape. But this meeting felt different. Keith talked about the group, and asked about my habits and what motivated me. We talked about nutrition, schedules and goals. Then he invited me to try a session. Okay, I'll give it a shot.

Now that it's been over 3 years, let me see if I can put my experience into words. It's more than just a workout group – it's

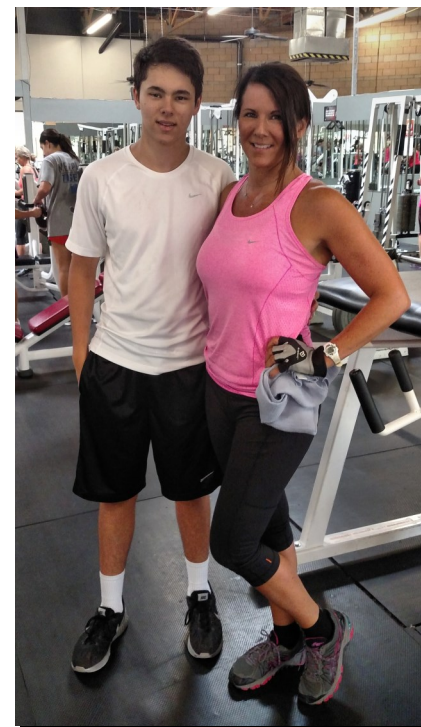


so unique that you might find it hard to believe that such a group exists. The tone is always positive and supportive. The philosophy is to show up not only for yourself, but also to support others. It's a way of life that truly means keeping commitments, and it's an "I CAN!" attitude. We are a group of individuals, ranging in age from 16 to 71, who not only workout together on a regular basis, but we're also friends – we support each other, text each other to check in, send recipes, go to the movies, and sometimes share our most inner thoughts. There's no judgment, no gossip, no pressure – only encouragement to be your very best. It's always fun to meet new members and see their amazement at not only what they are accomplishing for

themselves, but how much fun they are having in the process. I love this group – they are family to me.

Here is a glimpse of what TBR has done for me – I've lost the weight I wanted. My arms and abs are defined, and I like what I see. I have gone through 4 hip replacement surgeries in my life, but my legs have never been stronger. I went skiing with my son for the first time in 15 years! I love spin classes, and I'm now a spin instructor. I participated in the 30 mile Tour de Scottsdale bike race for the first time. And, being a single mom at 52 years old, I can honestly say that I have the confidence to be out on the dating scene.

Last May, as a Mother's Day gift, my 16-year old son joined me for a resistance training workout. This 2 hour full body workout is no joke, and we are moving at a pace that gives you a cardio workout as well. My son saw a different side of me, met my friends, and loved the workout. Now, we share a healthy lifestyle together, and he has many positive male role models from the group. It has been the gift that keeps giving.



You don't have to be an athlete to join this community. With resistance training, spinning, TRX workouts, and nutritional guidelines and support, you will become an athletic. And, if you ever want to go for a swim in Bartlett Lake, swim laps at the McDowell Mountain pool, hike up Camelback, or even join me on a bike ride in North Scottsdale – chances are, others in the group would love to join, too.

I don't understand these 30-day quick fix programs. I was looking for a different way of living and eating and a healthy lifestyle that would keep me in shape for the long haul. And what I got from ToBeRe... is that and so much more – and for that, I am forever grateful!

*Susan*