

BEFORE, June 2007



**Joy lost 20 pounds
in three months!**

“At 165 pounds I was considered obese for my height, and according to my doctor, it was putting me at risk for a variety of health complications. I was tired all the time and depressed. I tried fad diets and then flunked out of Weight Watchers 3 separate times! I knew a lifestyle change was needed, I just didn't know how to accomplish it on my own. At my low point I received an email from Cari outlining her EcoTrek classes and decided on a whim to give it a try. Over the span of 3

months I lost 20 pounds! The health benefits of EcoTrek not only improved my balance and coordination but I got stronger and felt better than I had in years. As an added benefit, my emotional life was renewed by having the opportunity to enjoy the outdoors with my new friends at EcoTrek. If you need to lose weight or just need some mental health time, try on EcoTrek and you will be amazed how well it fits!”

~ Joy Hohmeyer
Spring Lake MI
July 2008

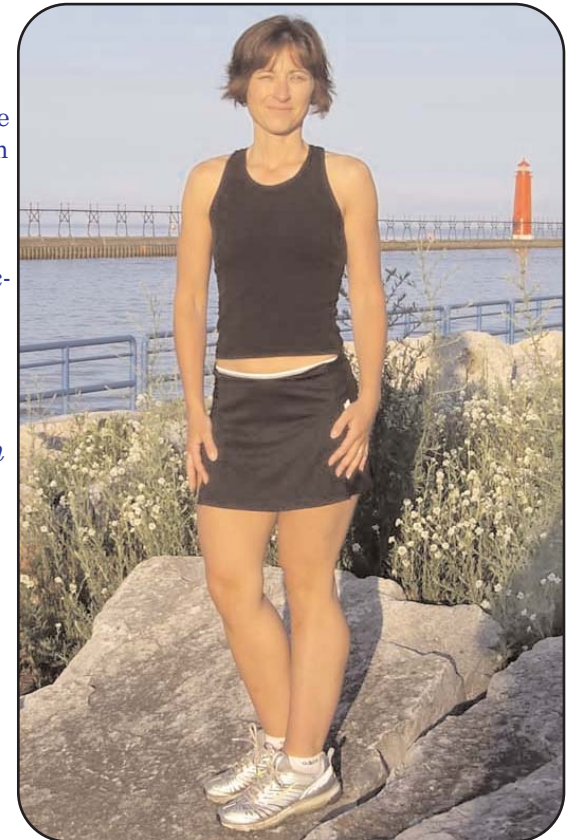


**Carly's lost more than
7" and nine pounds!**

“I was looking for a way to fit a fitness program into my schedule when I came across the article about EcoTrek in the Muskegon Chronicle last spring. As a working Mom, I wanted something that wasn't going to take me away from my kids even more. I can go to the workouts in the morning and be back before the kids ever wake up. From the first class I was hooked - even though it was 5:45am, 20 degrees and pitch black out! I love that Cari has opened our eyes to the West Michigan lake shore. Every workout is an adventure. Since starting EcoTrek I've gone from a size 8-10 to a 2-4, have a ton of energy, and my husband tells me that I'm 'ripped'! I would highly recommend EcoTrek to anyone that is looking to add a little fun and adventure into their day.”

~ Carly Wasserman
Muskegon MI
July 2008

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Forget “after”...
this is NOW and WOW!
JULY 2008

WHAT ARE YOUR PERSONAL FITNESS GOALS?
Call or email Cari Draft Elliott • 616.291.2851
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