



## Susan Morley, *Recovery Coach, Parenting Coach*

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I have a love/hate relationship with exercise. I love exercising because it makes me strong, I feel great after, and I look forward to having a routine. I hate exercise because it takes too much time!

Five months ago I decided to change my relationship with exercise to a love/love relationship. I visited Next Age fitness for my free demo. Tammy was enthusiastic about her ARX machine. She was very knowledgeable and made sure I was comfortable and understood how to work on the machine. After my demo, I knew I found my new gym.

I've been attending weekly for five months and I love the results! My arms and legs are stronger which helped me run The Peachtree Road Race and it really has improved my tennis game. And I know that it has because I also use her body scanner. I've lost body fat and increased muscle mass. The scanner provides me the incentive and proof that I'm working hard even though workouts are only 20 minutes.

If you are too busy to go to a gym or just don't like the gym atmosphere, Next Age fitness is the best investment in time and money for real results.

Susan

Susan Morley, ECE, CARES, CPS-AD  
ParentCoachAtlanta.com  
susan@ParentCoachAtlanta.com  
404-429-7201