



Angel Johnson

Training the “Whole Person” with Proven Results

June 2009

I knew I had hit rock bottom the day I could no longer squeeze into a size 22 skirt. I'd spent the past decade feeling ashamed and hopeless about my continual battle with obesity. Anyone in my position knows the low self-esteem and depression it brings... I felt guilty for breathing the air everyone else breathed. I didn't believe in myself, in my abilities, in my future – I hated who I was and assumed everyone else must hate me also.

I came to Dave at my highest weight and my lowest point. I didn't expect much. I had just joined the gym where he trained and thought he might be able to show me how to work a few machines. Truly, what I expected was to start a program and to not succeed in it.

Dave began working with my whole person and, to my surprise, he recognized what I didn't – that there were walls that needed to be broken through first and that weight loss and toning was only our secondary goal. I can remember more than one 5 a.m. training session that left me exhausted physically, thinking this guy was crazy if he really believed I could do what he was asking, because I certainly didn't believe it. Dave refused to let me give up – he believed beyond what I could see and, after borrowing his belief in me for some time, I started believing in myself... I started respecting myself... I was gaining confidence, accomplishing goals and losing weight in the process. He never once treated me like a fat person and taught me that I was just as deserving, capable and beautiful as all of the people in that gym that I was once intimidated by.

Overall, Dave completely reprogrammed my way of thinking and refused to give control to my negative thoughts. Dave went above and beyond the requirements his em-



Before After

ployer had set for him as a trainer. It was evident that he had personally invested in my success and was going to do whatever it took to help me find who I was supposed to be. His commitment to me was unparalleled and, by his example and through his training, I have learned to finish what I start, to step out of my comfort zone and reach for what I want, and to believe I'm capable of success.

After working with Dave, I'm excited to say I lost 75 lbs. of body fat, but even more rewarding than the weight loss is watching his training spill into other areas of my life, as I accomplish more in my personal and work relationships and situations than I'd ever thought possible.

Working with Dave was nothing less than a life changing experience. My journey continues even today, as every decision presents an opportunity to either fall back into the person I was or to embrace the person Dave has helped me to become.

I've recommended Dave's training to several friends, and those who are training with him now have never felt better... those who hired another trainer to save money eventually became frustrated and quit. You can pour money and time into a big box gym where people come and go daily, never changing, never growing, or you can invest in Dave's proven methods and get results. Dave Brown works with the whole person. Who do you want to be?