



Todd Van Ye

Two years into his training with Coach Brown and Todd Van Ye is in tip-top shape. "Skiing last winter was the best test – I barely needed to stop. I am much stronger than I have been since high school," says Todd.

Todd has lost 9% body fat and had to get all his pants taken in. "Dave is very caring and well educated. It's a great business model. Many people don't want or need the frills. I like the no-nonsense approach, especially with the busy lives we have."