



CLIENT TESTIMONIALS

“Rebecca’s continued positive enthusiasm kept members motivated. Her constant attendance of workshops kept her on the cutting edge of the latest trends in Group Exercise. Her constant willingness to bring information to the staff of 22 instructors created a unified and devoted team of instructors. In addition to her willingness to teach others, she is always willing to receive positive and negative criticism with complete grace. Rebecca’s classes were packed with members who trusted and loved her high energy, caring, explosive workouts. I find Rebecca to be an incredible asset to any fitness/wellness program.”-Wendy Miletello, M.Ed., Fitness Director, Blanchard Park YMCA

“The Tri Fitness Series Training Program for the Novice Triathlete is an outstanding program that took me to the next level of fitness!” –Anna Disclafani, Bradenton, FL.

“Rebecca seems to have boundless energy. She is creative, intelligent, and very enthusiastic about the entire fitness area. She understands the theory and practice of teaching fitness in many venues. Usually, for these reasons, Rebecca drew the largest classes when she taught any course. Students in her classes knew to be prepared to work hard and have fun. This was the case for new students and for those who exercised 4-5 times per week. I think the key to Rebecca’s success is her love of exercise, fitness, and people. She works hard during training sessions and lives a lifestyle that focuses on fitness. She is relentless in carrying the message of health to others. She is well versed in nutrition, exercise physiology, and teaching theory. She energizes others with her enthusiasm for life and health. She is an excellent communicator and organizer. Altogether, I believe Rebecca Meyer is the finest fitness professional I have known in 27 years of college administration and personal work in physical conditioning.”-Paul Kinser, Ed.D, Provost, West Campus, Valencia Community College- Orlando, Fl.

“Rebecca, at a height of 5 feet, 10 inches, with a great body, and red hair, is easy to spot and hard to forget.”
-Ellington Darden, PhD, Former Director of Research for Nautilus Industries.

“I am very sad that you are moving on, away from us at Celebration Health. During your time with us, you have demonstrated a unique ability to motivate people, a skill that has made you invaluable to the programs I have operated for the hospital. Your continually upbeat spirit, your quickness to notice and care for the jobs that need to be done, and your boundless energy have all been invaluable assets to our organization. More than that, you know how to hound clients into changing their habits without making them unhappy or negative. That is a wonderful talent. I would like to especially thank you for the way you mentored a number of the younger employees and members fo the Fitness Centre. Your were open, friendly, and caring, all while you successfully challenged them to do more than they thought possible. Your creativity in designing new classes and new approaches to “well worn” tasks provided a breath of fresh air that made the Fitness Centre a friendlier place to be. We have all been proud to have you at the Celebration Health Fitness Centre and continue to pray that God leads you to the finest job possible as you move to the coast. -Dick Duerksen, Director, Spiritual Development, Florida Hospital.

“With Rebecca’s personalized training program, I was able to place in the top 8% of my age bracket in my first triathlon. If you are looking for a personal trainer who can evaluate your weaknesses/strengths and assist you to set personal goals, then look no further. –Kimberly Schulz-Greenlaw, Bradenton, FL.



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“Rebecca’s teaching abilities and technique are superb. She has proven to be a highly enthusiastic instructor with a large following. She has acquired numerous aerobic and strength training certifications expanding her knowledge base. And, in conclusion, Rebecca has an outgoing personality which leads to her good rapport with the students.”-Mary Schmidt-Owens, Wellness Coordinator, Walt Disney World, Co. Lifeline Wellness Center.

“It has been my pleasure for the past 4 months to be able to associate with Rebecca, the Aerobics Manager at Celebration’s Fitness Centre. I first met Rebecca when I took a Reebok Cycle class that she was instructing. Before that time, Rebecca had met and now trains, my wife. I continue to look forward to the Cycle Reebok Class she leads every week (I’m hooked). Rebecca is truly an asset to The Fitness Centre. You can tell that she really loves what she does. Her smile and upbeat attitude are a welcome sight at the end of a day when I feel like I just can’t work out. I have seen this attitude conveyed to everyone Rebecca comes in contact with on any given day. She gives people the extra push they need to keep working, just by her actions. I can’t say enough about the positive feelings that Rebecca passes on, making the Fitness Centre a place I want to keep coming back to!-Bob Amerena, Orlando, FL.

“For the past 4 months, Rebecca Meyer has been my personal trainer at Celebration Health Fitness Centre. It has been very obvious to me that she has made a strong positive contribution to Celebration Health Fitness staff. She demonstrates a caring, professional attitude, yet is friendly to everyone, calling clients and staff by name, expressing interest in them personally. She has consistently been a positive upbeat inspiration to me, physically, mentally, and psychologically, and I am very disappointed for her to move away. She was careful to encourage and coach me to always attempt to achieve more, but sensitive to not challenge me beyond my capabilities. This was very important to me, since I have had some health problems over the past few years. Rebecca is a pleasant, hard working person, who sets a good example with her high level of physical activity and training. She will be missed here.-Brenda Duerksen, R.N., Celebration Health

“What does having a personal trainer mean to me? WOW! I think you already know what a difference working with you, Rebecca, the past two months has made in my life. Of course, my original intent on working with a personal trainer was to get this tired, old, out of shape body back in to shape. I am not there yet, but I feel good and know I am moving in the right direction. If I could only grasp the meaning of the concept: “EAT FOR FUEL!”. What have I gotten from working with you that I did not expect was a real love for working out hard. Yes, I mean sweating. I have also found new activities I really enjoy, like rollerblading and spin classes. I have also found a new friend. Rebecca, having you as a personal trainer has given me a more positive outlook on myself and on life. Thank you. To people, what do I want to say about adding a personal trainer to their workout? DO IT! Are you tired of working out and seeing no results. I was. My personal trainer was the best investment I could have made in me. With Rebecca, I have gotten results, enthusiasm, a buddy, energy, coaching, cheerleading, and ATTITUDE! (A WINNING ATTITUDE!) Now I have a good excuse to go shopping, TOO! My clothes do not fit. They are too big! Do a random act of kindness for yourself, and work out with a personal trainer! AND, FEEL GOOD!-Laurie Morris, Celebration, FL.



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“Your influence has had such a positive impact on my life. It was so nice to turn 30 this year and think that I am in the best shape of my life. I also believe that this has lead to success at work, and most importantly, has provided a great opportunity for Mary and I to spend quality time together.”-Bob Walsh, Orlando, FL.

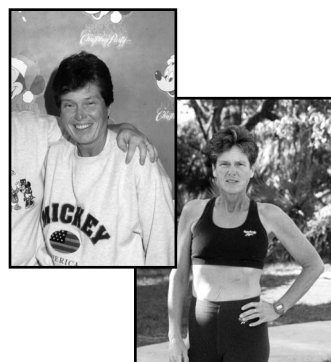
“I have been working with Rebecca Meyer for just over 30 days and she has changed my life. I am starting to see the physical changes but more importantly my entire outlook on exercise and eating healthy has drastically changed. I look forward to going to the gym daily and my training sessions with Rebecca. With her help, I have set goals for myself and I will continue to work with Rebecca until those goals are reached. I have never met anyone with so much enthusiasm and energy in my life.” – Debbie O’Leary, Bradenton, Fl.



“As a very busy surgeon, I always thought I did not have the time to devote to diet and exercise. One day I decided that my health was just as important as the health of my patients, so I decided to join a nutrition program and also start an exercise program. I trained with someone else for a while but the results were minimal. Then I began training with Rebecca Meyer and the results were amazing. In the first 6 weeks I lost 20 lbs and 2 inches off my waist. Now, diet and exercise are as much a part of my daily schedule as surgery. -Dr. Nanette Wendel, Bradenton Surgical Associates- 110 lbs. lost



“I have lost 75lbs and have gone from a size 18 to a size 9!”-Maria Quattrini, Orlando, FL.



“I went from a size 12 to a size 8 and from 24% body fat down to 18%”-Mary Sealey- Orlando, FL.



“I went from a size 22 to a size 12-14 and am now down to 24% body fat! My doctor even took me off my blood pressure medicine!”-Nance McDonald, Orlando, FL.