



Mike Hornback's Testimonial

My name is Mike Hornback and I'm 54 years old. I started working with Truong Le at UFIT for the two years since Jan 2010. I was 253lbs and am now down to 184lbs but that is not the best part. My BMI and my percent body fat have gone down from 33.4 to 23 and from 25.6% to 12.4%, respectfully. That's a total lost of 69lbs and 42lbs of it is FAT (ie. over 5 milk jugs of fat). That to me is even better than losing the weight. I sleep better and have more energy than I have in a long time. I am now more physically active than I have ever been. With all this extra energy, I've gotten involved in more activities with my family and spending more time with them as in the past I just go home and sleep or rest in front of the TV. I can do more things physically than I could even when I was in my 20s in the military. My strength has improved and as well as my overall health. All my friends and work associates have noticed the change and have all been impressed with the results I have gotten. This is only the beginning for me. Truong give me goals for this year which I broke almost all of them. For the next year and I intend to meet and maybe even break them as well. At this point I will go forward as I cannot see ever going backwards I like the way I am feeling and looking. Truong has made me want to do better and has helped me achieve more than I ever thought I could. My journey keeps getting better and I keep getting stronger and fitter. Who can ask for anything more than to be healthy and fit?

As someone once said "Fitness is not a destination; it's a journey, and it's a process. To think that we will arrive at a state of fitness perfection one day and stay there without continuing on our journey is a dream." One cannot ever stop training and improving. If they do, they will fall back into bad ways that will rob you of your life and energy. The best part of getting there is the journey, which will keep going on as I progress toward ever changing goals. Remember your lifestyle is evolving and it is something, which you cannot just finish. You have to maintain your healthy lifestyle in order to maintain your results. You also have to fight the effects of aging on the body and metabolism. It can be done, but not in one step. You have to keep going on and never stop. These are the wisdoms and philosophies that UFIT follows. Truong and UFIT professionals can help anyone willing to take the journey and can keep you on track to make sure you make progress and get the results you are looking for. If you have any questions please feel free to contact me at hornback@flash.net.