

## I have never been healthier.

As a personal trainer I use the On Target Living principles as a tool for all of my clients and classes. I find On Target Living Nutrition is the most complete wellness book on the market. Instead of just telling people what they should do and eat, it arms them with the knowledge to make good choices that work for them and their family. Once you understand how to choose healthy foods and design your own exercise plan, you can follow this On Target Living program for a lifetime. As you become healthier you truly feel better, which motivates people to keep going. I find that anyone no matter where they are starting can understand Chris's program. I have used it as a tool with my clients for years and I have not found a better reference out there.

I love the book. Now I don't need any other books to supplement with my personal training with my clients or teaching classes—On Target Living Nutrition has it all!

Personally, learning On Target Living changed my life. I thought I was eating fairly healthy; I was maintaining my weight and thought everything was fine. I didn't realize how much what you eat affects your overall health. I was only in my mid-twenties at the time and felt pretty healthy. I had periodontal disease, which runs in my family and I suffered from Raynaud's syndrome. Once I started eating cleaner and incorporating healthy fats, my Raynaud's disappeared and my gum disease is much better. Now I am in my thirties and have two kids and I have continued to follow Chris's way of eating. My pregnancies were healthy, my children are healthy, my weight is good, my energy is great, and I have never been healthier. The best part about On Target Living is that it gave me the knowledge to know how to make healthy choices in any situation, which made it very easy to incorporate into my daily life.



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The Studio: A Personal Fitness Experience