

# JIM WHITE'S SUCCESS STORIES



I lost 40 pounds  
in four months.  
DONNA



I now can fit  
into my little  
black dress.  
LAUREN



I dropped four  
pant sizes!  
HELENA



I'm 40 years old  
and in the best  
shape of my life.  
THANOS



Thanks to Jim,  
I dropped 87  
pounds and my  
medications  
VIC



I lost over 70  
pounds!  
CRAIG



I lost 60 pounds  
with Jim and feel  
amazing! ASHLEY



This is the best I've  
looked in 20 years.  
KAREN



I lost over 60  
pounds with the  
help of Jim!  
SHELLY

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I lost 10 inches from my waist!  
LARRY



I now feel 50 and sexy thanks to Jim's nutrition plan!  
LIZ



I lost over 80 pounds and feel great!  
MICHELLE



After four kids, Jim helped me get beach-body ready!  
NOEL



With the motivation of Jim, I got my Navy Seal body back.  
ROBERT



I lost over 40 pounds!  
SEAN



Jim helped me qualify for the Boston Marathon.  
KELLY



I lost 87 pounds!  
BRANDON



I love my personal training sessions with Jim. I lost 30 pounds!  
KIM

