

fitness

# Roger Reedy

## Spotlight on a Client

Roger has been training at the JCC with his Personal Trainer, Erin, for 6 months and Leah, the JCC's Registered Dietitian, for 4 months.

His original fitness goal was to lose 30+ pounds, get into better shape, and increase range of motion in his left leg because of his knee replacement.

His fitness inspiration and motivation comes from reaching his goal of losing 35 pounds. His new goal is to lose an additional 25 pounds. This would bring his total weight loss to 60 pounds.

All of his goals and his progress up to now have been due to: joining the JCC, working with Fitness Professional Erin McMahon, and working with Registered Dietitian Leah Frankel.

His favorite part of training is learning how much he can accomplish. "My sessions with my trainer and dietitian are fun and very effective."

### Personal Training

For more information contact Roger's trainer, ERIN MCMAHON at 408.357.7419 or [erinm@svjcc.org](mailto:erinm@svjcc.org).

### Licensed & Registered Dietitian

For more information contact the APJCC's Registered Dietitian, LEAH FRANKEL at 408.357.7419 or [leahf@svjcc.org](mailto:leahf@svjcc.org).



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