



Isel Hardwick went from a size 12 to a size 4 in 12 weeks.

LOSE TO WIN AND EARN YOUR MONEY-BACK GUARANTEE

When the film from her daughter's third birthday party developed, so did Isel Hardwick's determination to get fit. Unhappy with her appearance in the photographs, she decided enough was enough.

"As a stay-at-home mother of two, just packing the kids in the car takes time," she says. "So I didn't think I had the time for exercise. The pictures inspired me to make changes, not excuses."

Knowing her transformation would require discipline, guidance and a customized training regimen, Isel decided to take the Vitality Fitness Challenge.

(Left) Isel Hardwick before taking the Vitality Fitness challenge



With the expertise of Vitality Fitness, South Tampa's award-winning fitness facility, Vitality's personal trainers customized a 12-week weight-loss program which instantly built up Isel's strength and slimmed her waistline.

"Within a few weeks, I shed 10 pounds while maintaining the motivation to hit my goal of losing 27 pounds and going from a size 12 to a size four," Isel says. "You have an appointment with a trainer, unlike the appointment with yourself that gets thrown by the wayside. The program was gradual and easy to work in to my schedule. I didn't have to drastically change my routine or stop eating everything that I like."

Through an incorporated nutrition regimen, exercise and constant motivation, the Vitality Challenge helps each client reach his or her personal fitness goals within three months, guaranteed.

"The challenge is for anyone who needs motivation," Isel says. Team Vitality will give you the boost you need with a non-threatening environment. We challenge anyone to come in and make a life change.

The next cycle, customized to an individual's goals, begins in February. The personal trainer creates the program and holds you accountable. You're responsible for showing up and sticking with it.

"It feels good to look like I did before I had children," Isel says. "It's my own self-accomplishment. You can do this."

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