



"My doctor will take me off my medications if I maintain my weight loss."

### **She's five pounds away from her recommended weight!**

I have lost 27 pounds since the first of the year. I told Michael Lennox, a personal trainer at Apex Centre, that I have tried to lose weight all my life and have not been successful. I wanted his help and guidance. Michael said I needed to change my diet in order to see results. He recommended I drink a protein powder shake and eat two eggs for breakfast and eat meat & vegetables for both lunch and dinner. No snacks allowed.

I researched fasting and Keto and have added both to my plan. I started drinking apple cider vinegar and lemon juice as another way to lose weight. I am now five pounds away from my recommended weight. My doctor will take me off my medications if I maintain my weight loss.

I now spend 3-5 days each week at the Apex Centre. I use the bicycle or elliptical for 20 minutes and work out on the weight machines for 10 minutes. My bone spur on my foot no longer hurts since I lost the weight.

**We at the Apex Centre hope Doris continues to reach her health and fitness goals!**

## MEET

# Doris Daugherty

Doris has lost 27 pounds since January!

Workout Routine:

- Exercise bike
- Elliptical
- Weight machines

**Apex Centre is helping its members reach their peak!**

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