



What our clients love about **Ashley Boyer**



The first time around, I thought I could do it on exercise alone. Working out as much as 3 hours a day, I dropped 30 lbs from 259 to 229. But the body composition did not match the loss. I was burning fat AND muscle, and my waist was still 42 inches. The weight loss did not hold when I cut back the cardio.

The second time around, I decided to work with Ashley. She has a wonderful mix of a dietitian and trainer as her background. I gave her a proposed diet of foods I liked, a diet I could commit to. She cleaned it up, taking out some saturated fats and sugars, adding some fiber. She also worked with me to develop a reasonable mix of resistance and cardio, about an hour six days a week. I have stuck to the plan for four months, dropping from 256 to 226, and there is more to come. The quarantine will not permit us access to the in-body, but my waist is already almost down to near 40 inches, and my upper body is inches bigger and hugely stronger. My conditioning has improved such that I am now running 5 miles at least twice a week, and I still have energy for several hours a day in my garden.

Ashley is a great coach. She is deeply committed to the success of her clients, and gets tremendous personal satisfaction from my success. I am looking forward to where the continuing journey will take me.

— *Sandy Landoll*

I met with Ashley Boyer and I just wanted to say how amazing and knowledgeable she is. I felt so relaxed with her and she made me feel very comfortable talking about uncomfortable things (like my weight and workouts, etc.) After my first session with her I was very motivated and happy with what she had drawn up for me, after only a short meeting. She was amazing with pushing me to what she believes I can do without overstepping. I left the club feeling so much better and encouraged about moving forward in my health process. So I just wanted to say thank you for the sessions, and a huge thank you to Ashley! I would recommend her (and HAC) to anyone 100%. I have nothing but good things to say about the whole experience.

— *Amy Chikwem*

