

NaKeisha Bond
9675 Woodland Hills Dr.
Cordova TN 38018
August 21, 2017

Dear Re-Shaun Jones and PUT UP RESULTZ,

First, let me start by saying thank you for taking on the challenge of getting me into shape with such a short timeframe. Your hard work and dedication in aiding me in achieving my goal were a huge success. You never allowed me to give up or pity myself for what I could not do but pushed me to have the mindset that I can and will do.


I started working out with PUT UP RESULTZ August 11, 2015, with a goal date of October 2015. I thought this goal was unrealistic but you were very optimistic and knew that with hard work and dedication it could be accomplished. I've never met a trainer so committed to his clients like you are. Not only did I achieve my goal, but I surpassed it. My starting weight 186 pounds with a large amount being fat. You explained muscle over fat to me. I completed our workouts weighing 196 pounds, with inches lost, a dress size smaller and looking slimmer than I had in years. I was beyond shocked at the inches lost to my waistline. I continued to work with you and after 8 years of marriage; I was able to fit into my wedding dress again. The information provided by PUT UP RESULTZ, from Meal Prep, to what type of equipment I would need to a personalized food pie chart. Allowed me to push harder in achieving my goal. The well-planned training session allowed me to stay focus and on task. The follow-up calls after workout made me feel like more than just a paying client, but a priority to the success of my achievement and the success of you as my trainer.

I not only believe in the work of PUT UP RESULTZ, I highly recommend it to anyone seeking perfection or a healthier life. The hard work and dedication of PUT UP RESULTZ are one to be commended. The desire to not only push you to your greatest potential but to push you to strive higher than the goals set. The trainer(s) of PUT UP RESULTZ are not just training you to be a better you, but they are training you to make a full commitment to a lifestyle change, one push up, one sit up at a time.

Sincerely,
NaKeisha Bond

AT&T 11:49 PM Touch to return to call 24:32

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MsRenessa Alexander
Beautiful sista!!!
2 hours ago · Like

NaKeisha Johnson-Bond
Re-Shaun Jones, thanks man this made my day. Eight years later and I'm back in my dress. Your an awesome trainer.

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