

Deborah Freeman, M.D. Personal Testimony

As a physician, I knew firsthand the risks of obesity and physical inactivity. Our nation is in the midst of an epidemic of overweight and obese citizens. I was a part of the epidemic. I had experienced yo-yo changes in my weight, short term exercise attempts and various types of diets. I had not been successful achieving or maintaining my optimal weight. I also suffered from two of the major side affects of obesity: hypertension and type II diabetes. I decided that I had to take an active stand and practice what I was preaching to my own patients. How could I expect them to do what I had not done myself!!

That is when I made a commitment to a “total life change”. I joined the local gym and hired Personal trainer, Dave Liberman to give me one-on -one training that was tailored for my needs and level of ability. He also offered nutritional guidance. With his support, encouragement and expertise, I was able to shed 85 pounds and go from “fat and flabby” to “fabulous and fit!!!!” My diabetes is gone and my hypertension is well controlled. I exceeded my expectations by going from a size 14-16 to a size 4. It has been an awesome transformation. I look and feel better than I have felt in over 20 years!!!!

I have actually become so “addicted” to working out with Dave that one year ago, at age 54 , I entered my first “Masters Figure Bodybuilding Competition” Not in my wildest dreams would I have ever thought that I would be able to compete in anything like that!! Working with Dave keeps me motivated, focused and on track. His thorough records of my workouts allow me to see where I am in my progress. Dave has been a pleasure to work with. He is very professional and yet very nice and personable. Whether it is for weight loss, fitness, toning or just weight maintenance, as a physician and as a female who has struggled with my own weight, I would highly recommend Dave’s guidance to help you meet your goal. Doctor’s Orders!!!!

- Dr. Deborah Freeman, M.D.