

Mike C. 49

A couple of years back I started training to get in to better shape. It was difficult to stay motivated because it was boring and I was not seeing a lot of change.

I soon came to the conclusion that what I wanted was more than to get into shape, I wanted to look like and train like the big guys in the gym. I knew I would need help so I hired a trainer twice a week and began lifting weights. It was no longer boring and I was starting to see some changes, but after 16 month I was ready for a better trainer.

With a lot more knowledge regarding what I wanted from a trainer, I started interviewing guys that I though could help me get to the next level. After meeting Chris and learning about how he trains, runs his business and some of his personal goals, I thought he had the knowledge, motivation, discipline that I could learn from. Chris was clearly the best choice.

What I was doing in the gym last year now looks like a waste of time compared to what Chris has me doing this year. Proper technique, nutrition, and plenty of sleep are just a few of the things I have learned in the past year, and it has paid off in dividends. At 49 years old, I am in the best shape of my life. It's nice when friends, family and even total strangers notice my body. I've even inspired two co-workers to start training with Chris. It used to be difficult to imagine that I could make any really big changes but after the past 10 months it seems like we have only begun and I am more motivated than ever.

I have to give Chris a lot of credit for all the knowledge and support that has helped me gain the confidence to get my body to this point. I am loving the journey and am excited to see where it will take me.

It doesn't get much better than this.

Greg R. 41

I began training with Chris on August 1st of 2011. I started my training with the goal of losing approximately 50 pounds as well as gaining more flexibility, strength and overall health. After first meeting Chris I was immediately impressed by his appearance which could only come through his own personal dedication to fitness. I have seen quite a few trainers at other gyms that don't look qualified to train anyone. For me personally it is hard to take instruction from someone who doesn't "practice what they preach". I have been training almost three months now and I have lost 18 pounds while gaining muscle. More importantly I feel 100% better than I did before! It is obvious that Chris wants his clients to achieve their fitness goals and doesn't simply go through the motions. Chris makes himself available to answer any questions or concerns. I feel lucky to have Chris as a trainer and I am very happy about the path that I am on. I would easily recommend Chris to anyone serious about getting fit.

Mark and Elizabeth Wirsing, 34 & 46

Dedication and hard work are two important ingredients on a road to fitness success, but there also needs to be a plan and knowledge. Chris Weiss has the plan and the knowledge that is tailored for each of his clients to succeed. My wife and I are extremely proud to announce Chris Weiss as our professional trainer with all of the compliments we receive while achieving our fitness goals.

Freidemann Steubing, 52

Why I am working out with Chris? Simple! He knows exactly what he does, he's witty, and the workouts are never dull. Chris motivates and helps you every step of the way. Also, the results speak for themselves; you will very quickly feel the difference and notice the improvements!!

Elaine M, 48

Bucket List

What is on yours? Running, much less running a 5K, was not on mine. I have now run several. Training with Chris has me pushing myself and being athletic after years of inactivity. Chris motivates and encourages. He has more faith in your ability than you do. He tailors your training to your ability and fitness level, while at the same time asking and getting more out of you. Join Chris and maybe your Bucket List will change. Thanks Chris for great workouts!

Lisa Rove-Williams, 46

I used to think that personal trainers were only for celebrities and serious athletes, and when I was younger, I didn't have to work very hard anyway to maintain my weight and shape. However, after reaching my 40s, I noticed and felt changes in my body that bothered me. I realized that I needed a regular workout regimen, but I had no idea what would be right for me. So, I rethought my previous ideas about personal trainers and sought out Chris Weiss.

Chris tailored a plan for me that addresses all of my concerns: weight maintenance, improved strength, and stretches designed to keep problematic muscles limber and pain-free. He has also provided invaluable information and guidance about dietary choices specific to me and my family.

I have now been working with Chris for nearly five years. In that time, my positive experience has led to numerous family members and friends seeking his services, as well. Although we each have differing needs and goals, Chris consistently impresses with his ability to create programs right for any gender, age, and athletic ability.

Janeen Sarto-Joynt, 36

Chris Weiss has been my Personal Trainer for the past five years. I was impressed from the second we met to discuss my goals. I spoke with a person that day that inspired me. I spoke with a person that *believed* in me.

I have since, exceeded my goals and set new goals, I have run a Half Marathon, run a successful business, and set a healthy example for my 4 year old Son. These things I have succeeded in are all things Chris has been instrumental in helping me to achieve. Not only does he put 100% into my health during our sessions, but it matters to him how I am doing outside of his business. He is a Constant source of empowerment for his clients. 24-7.

As a Business owner myself, Integrity and loyalty are extremely important to me. Chris has delivered that with honest intent and true desire to help me reach my goals, and over the five years we've know each other, Chris has become a great friend to myself and my family.

I have watched Chris's Client base grow and business Square footage expand, which never once surprised me, even through a recession. Chris is a genuine professional with a keen sense of business mixed with that Old school, not afraid to "WORK", whatever it takes to succeed, let's do it attitude. He also applies this attitude to every aspect of his life. Not just to his clients, but to his family, his business, and himself.

Chris is an extremely determined individual and it fuels the people he trains, I am sure of that. It has for me. This guy shows up for Anything with a smile on his face, even the toughest obstacles. He puts 110% into anything you throw at him. He doesn't make excuses, he doesn't get sidetracked, he doesn't fall short... EVER. It's truly inspiring, and makes you want to do the same.

5 years of a personal and business relationship and Chris has never let me down, not once. I have watched him obtain his own achievements, be it body building, training, health, business, hockey and his own family, with a "failure is not an option" attitude that is nothing short of impressive. It is not an easy task, balancing your own personal goals, running a successful business and being a parent, but you would never know that observing Chris. I would never hesitate to count on Chris for anything. His great attitude and capacity to persevere in anything is success in itself.

Please feel free to contact me with any further questions you might have. 815-751-9289

Regards,
Janeen Sarto-Joynt

Michelle S.
Chronologically age 49
Custom Fit age 35

I've been fortunate to know Chris Weiss since June of 2009 when he became my personal trainer.

The idea of a personal trainer had been a daunting one for me. I was an overweight couch potato who was not comfortable in a gym setting, felt uncoordinated in group fitness classes, and was overwhelmed by gym machines.

When I was scheduled for knee replacement surgery, the surgeon strongly encouraged me to begin a fitness regimen to get the muscles in my legs as well as my upper body in shape for my recovery. I realized I had no idea how to begin this program and sought Chris out. He not only helped me prepare for my surgery, but had changed my life since the surgery.

The knee replacement was successful, but after years of suffering my leg was weak and my body sorely out of shape. Chris patiently helped me relearn how to use my leg as it was meant to be used. Chris gave me back a quality of life that I didn't realize I was missing and amazed every day that I have it again.

With Chris's kindness, compassion, and pushing I am able to jump rope again, lunge walk, get in and out of a fishing boat without embarrassing my family, and actually jog the majority of a 5k!!

With Chris's help, I have become a more confident, strong person than the person I was just 3 years ago. I feel younger and more vibrant than ever before.

I am so fortunate to know Chris and be embraced weekly by his enthusiasm and energy! Chris loves what he does and it shows, not just in his bodybuilding, but in each of the clients that he teaches. His determination to reach his personal goals makes me realize that my goals aren't just dreams without foundations, but realistic and reachable!