REAL CLIENT STORY

SARAH

AGE 40 → 50

AGE 40
BEFORE



Weight:	165 lbs
Body Fat:	~32%
Waist:	34"
Clothing Size:	10–12
Energy Level:	Low
Workout Routine:	None
How She Felt:	Tired, self-conscious, frustrated, out of shape

Sarah
A REAL CLIENT STORY

AGE 40 → AGE 50

10 YEARS OF TRANSFORMATION
WITH PEAK VITALITY BY VANESSA

At 40, I was exhausted, out of shape, and not happy with how I felt in my own skin. I had tried diets, random workouts, and quick fixes, but nothing ever lasted.

That's when I found Peak Vitality by Vanessa. Vanessa took the time to really understand my goals, my lifestyle, and my starting point. She designed a customized plan that combined cardiovascular training, strength training, and sustainable nutrition habits that fit my real life.

Over the past 10 years, Vanessa has guided me, adjusted my plan as my body changed, and kept me accountable every step of the way. The results have been life-changing — not just physically, but mentally and emotionally.

I feel stronger at 50 than I did at 40. I have more energy, confidence, and I'm doing things now that I never thought possible.

> *"I give 100% of the credit to Peak Vitality by Vanessa for helping me completely transform my life. This isn't just a workout plan — it's a personalized, long-term approach to real health, strength, and confidence."*
>
> — SARAH, AGE 50

AGE 50
AFTER 10 YEARS



Weight:	132 lbs
Body Fat:	~20%
Waist:	26"
Clothing Size:	4
Energy Level:	High
Workout Routine:	4–5 days/week (cardio + strength training)
How She Feels:	Strong, confident, healthy, and happier than ever

PEAK VITALITY
BY VANESSA

CUSTOM TRAINING PLANS | CARDIO + STRENGTH TRAINING | SUSTAINABLE NUTRITION GUIDANCE | ACCOUNTABILITY & SUPPORT | LONG-TERM RESULTS

STRONGER TODAY. BRIGHTER TOMORROW.

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BY VANESSA

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REAL CLIENT STORY

MARK

AGE 68 → 70



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REAL CLIENT STORY

LINDA

AGE 65 → 68



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