



Great Job!

We are happy to announce the winner of the Healthy Holiday Fitness Challenge.

Marianne Ciarlone, a 69 year old, life long resident of Everett.

She lost 10 lbs in 6 weeks, and 2 inches off her waist.

She tracked her macronutrients, worked out 4 days a week, and did a PT session every week with one of our trainers, *Kahlea Brown*.

"Thank you to the Mayors' Challenge, I had a lot of support, especially Kristin guiding me through each week, and my personal trainer, Kahlea for pushing me to reach my goals. This program really works. You really need a positive team around you, and I had that. Thanks again to the Mayor and his team at the Wellness Center."

- Marianne