

**Rich BarBell Fitness  
An Extreme Makeover  
Nancy Barish**



I may be done but I'm not finished. The extreme makeover has come to an end but I am committed to continue working out. In the past I have done workouts at various rec centers on my own; I got results but never saw the major difference I have now.

With Rich's help and guidance I can't believe the difference in my body since June 2<sup>nd</sup>. My entire body feels more toned and I feel fit. I in just over 2 months I've lost 2" in my thighs, 4" in my waist and 2.5" in my hips. I am able to do things that just a few months ago would have been impossible. In June I wouldn't get up at the pool without my cover up nor would I wear shorts. Now I don't worry about it.

The workouts have been very challenging. Rich kept changing the routine to help me improve. Some were very tough and at times it wasn't pretty but I always got through them.

On Tuesday, August 12<sup>th</sup> I had the fun of getting a new outfit from Bleacher's, getting my hair colored and cut, makeup and a photo shoot. In the morning I went to Bleacher's for a new outfit. Jill and Kim were great. They were very helpfully and gently nudged me to an outfit that I probably wouldn't have picked out myself. They were absolutely right!

That afternoon Lars at FAB Salon did my hair. Now I am very particular about my hair so I was nervous. I did want to do something different and daring (for me); it was a makeover after all. We decided on a blond highlight and red lowlight. Then we selected a cut. I love it!

When Lars was done, Heather, Rich's wife, did my makeup. She had done a spray on tan Monday evening so I looked like I had just returned from a tropical vacation instead of a day at Water World with the kids. Having Heather work on my face was very relaxing. It didn't take long before I was ready to put on my new outfit. My hair was done and I wasn't sure about the total effect. Heather took some photos at the salon and I was surprised and please with how I looked. Not bad!

Off we ran to meet Wendy Schott for the photo shoot. I hadn't met her before but she is so much fun and made me feel like a professional model. Of course a glass of wine would have helped.

I felt like Cinderella. But after my family took me out to dinner it was time to return home, put on my PJ's, wash my face and go to bed. The magic wasn't over yet though. It was very exciting for me to go to the Bergens open house before school started. I have received SO many compliments on my outfit, hair and fit look.

I am thrilled with the results. Thank you to all who made this possible: Vitamin Cottage for a gift basket, Supper Solutions for dinners, Terre & David of Bleachers Casual Clothing for the terrific outfit, Cindy of FAB Salon for a facial, Lars of FAB Salon for color and cut, Heather of FAB Salon for the makeup application and tan and Wendy Schott photography for some awesome photos. Most of all I would like to thank Rich Bell of Rich Barbell Fitness for choosing me for this opportunity. You have done more for me than you can imagine.

