



Training With Kevin- A Client's Perspective

By Kim Signoretti

I am a person with a lot of ambition and drive. Willing to try new approaches- to walk the road less traveled. But like many of us, I can be easily discouraged. I had been in and out of gyms for the past 14 years and in those years I felt a lot of frustration, pain and despair. I did have some small bouts of satisfaction but never lasting more than a week or two. I had this goal of becoming the next Cory Everson, a strikingly beautiful female physique athlete from back in the 80's, long before female bodybuilders began looking like guys in drag). She was like a mentor to me, even though we never met. A strong yet exceptionally feminine woman that I could aspire to be. So I started training, taking suggestions from magazines, 'wanna be trainers', and anyone willing to give me some advice.

I did countless hours of cardio and just as many hours of weight training- just like they said to do in the books and magazines. I ate all the 'right proteins and carbs' eating 5 to 6 meals a day again, just like it said in the magazines, but you know the story. After many years of 16 week repetitious routines and diet plans, I noticed **NO CHANGES IN MY BODY!** I was starting to adopt the idea that I was going to be an 'everyday Jane.' You know the one who hates her body, eats horribly when feeling bad about herself and looks in the mirror with disgust. Yep, that's the one. I was at the breaking point- getting ready to throw in the towel and give up my dreams. Until... divine intervention stepped in!

This 'force' so to speak, led me to yet another gym, eager to meet with this trainer that had been referred to me by a co-worker. He was going to give me a free consultation. Now I had been down this road many times before, so here I was a bit skeptical but nonetheless willing to listen to what he had to say. I walk in a big, tall and yet soft spoken man who introduces himself as Kevin Richardson.

I was amazed by his experience in the industry as well to his rather unorthodox approach to training and diet. All these years I thought I knew what I was doing, but it was my body that didn't understand what it was supposed to be doing. Boy was I in for a surprise! Kevin said that I was training way too much and not eating the correct foods at the right times. I was initially taken back by his analysis of my routine and dietary practices, but after 14 years of listening to everyone else and getting nowhere, I decided to give my dream one last try!

I dedicated myself to meet with Kevin 3 times a week for a short yet intense amount of time (10 minute workouts- you have to really see them to believe them!). I agreed to follow everything he suggested and had it in my mind that I would give it 8 weeks. If it

didn't work after that, then I would simply move on. Lo and behold, five months and three weeks later I was a different person! I have never looked better, I felt great and was now doing photo shoots for fitness websites! Having lost well over 30 lbs in the process and seeing my real potential coming out I could really see myself being onstage one day!

I realize that If I want what I have always have, then I will continue to do what I have always done. Today I want something else- I want the look, I want the abs, and I want the tight and toned arms and behind! I want to achieve my goals and I see that to do so I had to do things I had never done before. I trained and ate differently than I ever did before, and have seen major results. I owe my newly found motivation and body to Kevin and his Naturally Intense System of Diet & Exercise™! He has re-inspired me to reach my goals. I have continuous and consistent satisfaction on this short lived journey. Thanks Kevin for making my dreams a reality, and thank you Naturally Intense!!!!!!

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