

MARCH 10, 2011.

I am so grateful & thankful to have had the opportunity to work with Todd Dattoli, personal trainer & owner of Peak Condition Fitness. Todd has made such an enormous impact on me & has been the driving force in helping me become a healthier, more fit person. He has taught me a tremendous amount about nutrition and fitness, all of which I will be able to use moving forward for the rest of my life.

When I first started working with Todd I had really let myself go. After having two children & not making time for myself, I was extremely overweight and out of shape. Since working with Todd this past year I have lost 65 LBS, 5 clothing sizes, 33 inches off my body & about 10% body fat - all in one year!! I have so much energy & am a much happier person, mommy, wife, friend & employee. I recently ran a 1/2 Marathon & will be training for my 1st Triathlon (mini) this summer. A year ago, these things would not have been possible.

Todd is extremely knowledgeable, & is always striving to continue to further his knowledge around his trade. He is creative, FUN & very committed to going above & beyond to help his clients meet their goals. I highly recommend Todd to anyone who is looking to loose weight, tone-up or train for athletic performance! I have been extremely happy with the results Todd has helped me achieve & continues to help me reach my fitness & weight loss goals.

Sincerely,
Amy Suchanek
Chester, NJ