

MEMBER SPOTLIGHT

Couples Who Work **TOGETHER**, Stay **TOGETHER**

Pomerene Kinetics couple, Ed and Barb Schrock, started their fitness journey at the beginning of 2018. Together, they have worked hard to achieve their personal health and wellness goals. Way to go Ed and Barb!

This could be YOU! Experience the Medical Fitness Difference Today!



Pomerene Kinetics Exercise Specialist, Alicia Scott with Pomerene Kinetics Member, Ed Schrock and Barb Schrock

Ed's Achievements:

	Feb 2018	July 2018
Weight	261.4 lbs	257.8 lbs
Body Fat %	46.4%	46.2%
BMI	47	46.4
Chest	52"	48"
Waist	54"	51"
Abs	54"	50"
Hips	51"	49"
Blood Pressure	134/71	102/68

Barb's Achievements:

	Jan 2018	July 2018
Weight	179.6 lbs	175.8 lbs
Body Fat %	45.3%	41.8%
BMI	31.8	31
Chest	42"	38"
Waist	37"	33"
Abs	40"	35"
Hips	42"	38"
Blood Pressure	127/89	127/89



CONTACT A MEMBERSHIP REPRESENTATIVE
TODAY AT 330-674-4488!

1237 Glen Drive, Millersburg, OH 44654