

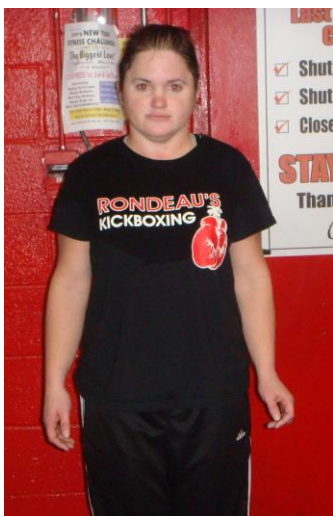
Michelle Perrotti



“When I started the Biggest Loser Challenge 12 weeks ago I was 13 lbs heavier and couldn't even think of running on a treadmill. Now, I am running 2-3 miles at least 3 times a week and feel great - it is an amazing sense of accomplishment! I owe it all to Christina and her staff. Not only were they motivating and committed, but they were informative and provided me with the tools necessary to continue a successful fitness routine. Thanks to

all I enjoyed every minute (well maybe not EVERY minute:). I WILL be back!! Thanks so much!”





Michele Pariseault

Since I have started my journey at Rondeau's Kickboxing one year ago I have not only lost weight but I have

gained confidence. I feel stronger and healthier than I have ever felt before. I was very out of shape before I came to Rondeau's. Running was something that I never did and struggled with.

Through the motivation of Christina and the instructors here I am now running 3 miles and no longer struggle with running like I used to. That is something I never thought would happen. What separates Rondeau's Kickboxing from other gyms is the motivational instructors who will help you to achieve your fitness goals. I would personally like to thank

Christina and the instructors for helping me become the stronger, leaner, and healthier person that I am today.

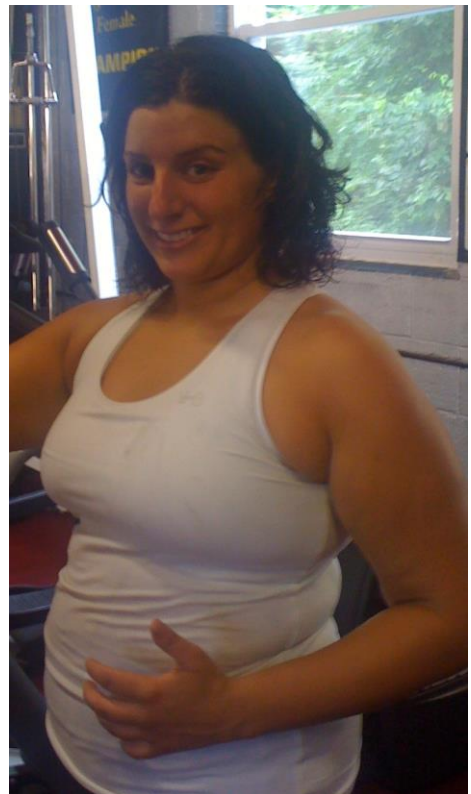




Rebecca Mesolella

I lost 38 lbs and 15 ½ inches with
Rondeau's Kickboxing in 4 months!

I decided to start Rondeau's Kickboxing because I needed to get the job done and I wanted something hardcore. RKB has changed my life by showing me discipline, motivation and structure. Also having an abundance of support and having the accountability factor. I would recommend RKB because it's hardcore and badass!



Laura Moreau



I lost 20lbs and 10 ½ inches with Rondeau's Kickboxing in 4 months!

I was a flight nurse and had to keep my BMI with in a certain level and just had a baby. RKB changed my life by being motivated, staying aware and learning. I would recommend RKB because you would achieve

what you wanted!



David Dupere

I lost 35 lbs!!!

I wanted to get in better shape and be more Heart Healthy!

Christina Rondeau's Kickboxing has changed my life by
Changing to nutritional, healthy and smart eating!

I would recommend Christina Rondeau's Kickboxing because
It improves cardio, strength and stamina through intense cardio training and
promotes more self confidence and self esteem!



Donna Dupere



I lost 18 pounds!!!

I decided to start Rondeau's kickboxing because I needed to feel better.

RKB has changed my life by making me a stronger person!

I would recommend this program because IT WORKS!!!



Marie Bridges

I lost 14.4 lbs!!!

I decided to start Christina Rondeau's Kickboxing because I need to change my life and to take charge. I needed to stop looking for excuses.

RKB has changed my life by giving me goals to achieve, changing my outlook and making me stronger physically and my spirit!

I would recommend Christina's program because everyone is supportive and very motivating!!

Anna Rose Stember



“Rondeau’s Kickboxing has not only reshaped my body- it has reshaped my mind. **Christina and her trainers helped me find the athlete inside myself** and made me realize that I am capable of things I never thought possible. Thanks to Rondeau’s Kickboxing , I was able to achieve a goal that I thought was unreachable— backpacking the Apalachian Trail!! I have also dropped from a size 20 to a size 12 and I am still going STRONG!”



Emily Palumbo – 9 yrs old

“I decided to try Rondeau’s Kickboxing because it looked fun. RKB has helped me learn how to exercise. It’s hard but in a fun way. I recommend it to others because it’s challenging.”

Susan Simonelli

“I decided to start RKB because I was not losing weight and working hard. RKB has made me stronger, helping me to lose inches and increasing my stamina. Rondeau’s Kickboxing “WORKS!”

Amanda Burbank from Somerville, MA

I lost 11 pounds and over 5% of my body fat in 3 months going once a week to Rondeau’s Kickboxing and taking the Biggest Loser Challenge class.

I saw the results of family members and wanted to make a change in my life. The classes made me stronger, making me push myself, increasing my confidence and making me love exercise and strive to be healthy.

I would recommend RKB because the community is supportive, the atmosphere is fun, energetic and motivating. You’ll LOVE all the ways they help you improve yourself in mind, body and spirit.

Jordan Burbank from Manville, RI

I decided to start Christina Rondeau’s Kickboxing to become motivated in exercising and losing weight and to learn how to eat healthy. This program has changed my life by making myself more enthusiastic about a healthy lifestyle and boosted my confidence in what I can achieve and how I feel.

I would recommend this program because it’s a fun and profound program that serves as a way to teach, inspire and learn from others and instructors on leading a better life.

Nicole Algasso from Johnston, RI

Lost over 5% of her body fat in 3 months.

I wanted to get in shape but need something to keep me motivated and kept me interested and this has helped me in everyway.

Rondeau's Kickboxing has changed my life by keeping me focused to improve my health, but also has kept my stress level down. Teaches you a better way of life.

I would recommend RKB because it motivated you to become stronger and set you on track for a healthy future. It teaches you discipline.

Liz Mcrae from Providence, RI

I decided to start Christina Rondeau's Kickboxing because I get bored with gyms very easily and needed something that would hold my interest.

RKB changed my life by renewing my interest in getting in shape for fun and not as a chore or punishment.

I would recommend RKB because the workouts are different every week which helps you stay motivated. And if I can stay motivated anyone can!

Lorraine Nicolay

May 2010



I just wanted to say **THANK YOU!!**

Even though my weight loss this week



was minimal....the total loss I have had is incredible and I feel freaking amazing. I honestly could not remember the last time I could go in my closet and pull out a pair of pants and not wonder what top I was going to have to wear. This past week.. I go in my closet, grab a pair of pants and a shirt and everything fits. My self confidence has

increased and it is reflected everywhere! At home, at work and out at play!

YOUR PROGRAM IS FANTASTIC and EMPOWERS women to have a CAN do attitude. The kickboxing classes are great. Thank God I listened to my friends and did this program. So a very heartfelt thank you to you and the instructors who push us.

Lorraine Was the Winner of our RKB Woonsocket Transform You Group!

June 14, 2010

She lost 25lbs & 15.5 inches

I came to Kickboxing class because my friends asked me to. I can honestly say that I had no real interest in kickboxing but felt it would be a great opportunity to spend time with my friends. What I learned was so much more! I learned self worth and self value and discovered that I enjoyed Kickboxing Class. It pushed me to places I never thought I would go physically. Now I am taking time to do things for myself and not feeling guilty about it. I am empowered and have learned many life skills. Sarah Rich was an excellent teacher who knew when to push and when to stop. I am looking forward to continuing my journey with Rondeau's Kickboxing and I will be moving on that journey without my "jiggly parts." Christina's life lessons and Transform you program has truly Transformed Me! I am a stronger, more confident woman whose pants will not stay upon their own anymore! Good bye Jiggly Parts.. hello... STRONG, CONFIDENT ME!!

- Lorraine Nicolay aka: Old Lady)

Nicki Begin

Lost 9 inches and is on her way to over 10 lbs and a fabulous wedding...

I've never been positive about any part of myself. In the past few months I've heard great things from people about all different parts of me. **I have become more outgoing and have heard some compliments on how people can see a difference in some weight loss.** I still have a lot to go with weight loss and I struggle with it everyday. I also have a lot of struggles from my past which will always be with me, which aides with weight. I know I can do it, it will be hard I'm sure but I will do it!

I realize I will never be super, super, skinny and I am finally ok with that. I need to be healthier! I have 4 months left til my wedding and I want to look Beautiful. Thank you for showing me the way.

Ann Marie Constance May 2010

**BEFORE
220 lbs.**



AFTER -- 155lbs



“I lost a total of 65lbs!”

Dawn Coyne

Tried to wear a pair of pants today
They didn't friggin' fit!! They were
TOOOOOO BIG - like so big, I really
couldn't wear them.

Thank you Christina!!!

Happy day!!



RKB changed my life. Sounds like a cliché – but its not! Sarah Rich and Christina made me realize I was strong and could really improve my body and health. I lost weight (18lbs) and inches (13”) and gained confidence and friends. I want to continue and get better, stronger, leaner and lighter.. and I know they will get me there!! My next goal is to spar.. can’t wait!!! -- Dawn Coyne



Cheryl Thibault

Lost 17lbs & 21 inches!!!

I first called Christina and asked her what program would be good for me. She recommended her “Biggest Loser” program. I was nervous about doing this because I never did anything like this before. With the guidance of Christina and Sarah Rich, I now feel good about myself and I am eating healthier. I

still can't believe that I lasted the 12 weeks! I can now say after all that hard work I am now 17lbs lighter!!
Thank you, Cheryl

It has been so hard for me to write about my BL experience in such a way that I can share it with others. I have worked on this for over a week and I have been journaling for the last 12 weeks (so I have plenty to pull from). I am still pinching myself to assure that this is not just a dream. ---

The journey to the new me took many detours... Though my Biggest Loser experience began only 12 weeks ago, my journey has been going on many years. I have been overweight my entire life, considered "stocky". Being my ideal weight/size was always a fantasy. The start of every new year would begin with another attempt at getting in shape fueled by my visualizations of what I would look like, what it would be like, and how I would be received. In an attempt to meet this resolution over the years, I have had 5 gym memberships, I have tried personal training, home work outs, Tae Bo, Yoga, Tai Chi, various fad diets and routines to no avail. I thought that "women-only" gyms would do the trick so I tried Curves and Lady of America. Though I gained experience, knowledge, and confidence, my curves remained. I tried a martial arts school, but found myself in an atmosphere with born athletes that didn't understand me and had no empathy for the uphill battle I was dealing with. It just made me depressed and sent me on a 'work out' vacation.

I like many others watched the first season of The Biggest Loser. I balled through most of the episodes and secretly wished I could be part of it all. Not so secretly, in 2008 I put together a video with a friend and we sent in our audition for Biggest Loser Couples. We even went to an open casting call and met with the producers. Though we met some people that would go on to be in that season, we were not chosen to compete ourselves. I was told by many that I was not heavy enough for this, though at 258 pounds, my heaviest, I was beyond ready for change.

All I really wanted was a trainer like Jillian. At first I thought she was just mean, but when I heard she used to be heavy herself, I was all in. I was on a search for a trainer that knew how to get me up that hill.

Surrounded by the excited energy of the trainers and the competitive spirit of the format of Biggest Loser, I quickly went from holding knowledge to applying it. From wishing I was a runner, a kick-boxer, an athlete, to being one. I started working out to earn points, then to burn calories, then because I was more sore if I didn't, and now because I love it. I motivated my team members because I needed the motivation to keep going and now with satisfying achievements behind me, I look forward to opportunities to show others it is possible.

I finally am accomplishing my dream. I am turning into the athlete that I always knew I had inside of me. I went from not working out to striving to work out 3 times a week to working out every day. I went from riding junky kids' bikes to purchasing a road bike in order to complete a 150 mile ride as part of the 2010 MS 150. I have accomplished more than I dreamed. Now with the motivation of this team of trainers I am not only getting up that hill, I am going the extra mile to challenge myself (I am currently training for a triathlon).

Over the past 12 weeks I have racked up my share of bumps and bruises, had many sore muscles, endured hunger pains, and shed a few tears. Moreover, I have gained muscle, stamina, energy, confidence, and I feel my age again. I have finally journeyed past dreading exercise and into looking forward to it. I will not miss the weight or inches I left behind, but will honor the process I took to shed them and embrace the lifestyle changes I have made to keep them off.

Chris

Lori Fahey

