

At the age of 40 I spent my birthday facing the realization of how unhealthy I had become. I had not exercised for over 20 years and my diet consisted of take out. The following year my wife, Melissa and now business partner Chrissy Burton began a venture in the Fitness Industry. Together they developed what is known today as Infinite Fitness & Personal Training located in Windham NH. This was my opportunity to change my life.

Chrissy Burton, a Personal Trainer, Nurse, Nutritionist and National Figure Competitor took me under her wing. I weight trained six days a week, and she developed an eating plan appropriate for my lifestyle and activity level. I started in January 08 at 218 lbs and 22% body fat, within eight months I dropped to 196 lbs and 14% body fat. Before long I found myself interested in becoming a Personal Trainer. The years of life that Chrissy was able to give back to me are the gift I want to be able to pass on.

It was at that time, I was introduced to Kettlebell Training. I took part in a seminar held by Anthony DiLuglio, in Boston Ma, after that one day Seminar both Chrissy and I where very intrigued with the workout and decided that this was something we had to check out further and we would set our goal to become AOS Certified.

We were directed to Punch Gym in Newton Ma, and that is where I met Stacey. Even though physically I was in great condition, it became very clear how weak my core was. Stacey took me on as her personal challenge. For the past three months I have worked privately with her working on my form, strength, and my ultimate goal to become certified. I am pleased to say "I did it" and I owe both Stacey and Kevin for working with helping me to achieve my goal.

Stacey is by far a great inspiration and friend. Without her support and patience I would never have figured out the Art of Strength Training.

Thanks again,
Bill Marquis