

Trainer: Todd Zody

Client: Carol R.

Gender (Age): Female (72)

Occupation: Office Manager

Goal(s): Increased Core Strength, Balance, Bone Density and Muscle Mass, Flexibility, Weight Loss, Balance & Fall Prevention

“Todd started working with me August 20, 2016, just before my 71st birthday. My health/fitness goals were: 1) Core strength, 2) Balance, 3) Bone density, 4) Muscle mass, 5) Strength training, 6) Flexibility, 7) Weight loss. The main reason for my goals was quality of life. My only exercise prior to training with Todd was walking. Our shared goal was exercising with free weight and machines at least three times a week combined with daily aerobic exercise. Todd’s undergrad in exercise science and his master’s degree in occupational therapy was the right fit for me as an aging Baby Boomer. He motivated and pushes me by emphasizing perfect form and just enough reps and weights to not cause injury. Todd is a man of morals, character, and integrity. He is honest, dedicated and selfless. Todd focuses on the future and growth. He is supportive, encouraging, and full of warmth and vitality.

My 72nd birthday will be in two days and with Todd’s guidance together we have achieved: 1) A 35 pound weight loss and lower BMI from overweight to optimal; 2) Lowering my blood pressure to optimal and reducing my hypertensive medication from 20mg twice a day to 10mg once a day; 3) Reducing my cholesterol from high to optimal; 4) Changing my blood work from pre-diabetic to optimal; 5) Reversing a bone density diagnosis of osteopenia (pre-osteoporosis) to normal for my age and gender and 6) Improving balance and core strength to prevent falls. Todd emails articles to his clients on the latest findings in improving your health, e.g. reducing the risk of heart attacks and stroke with exercise and changes to your diet resulting in less illness.

Together we have achieved all my fitness goals in one year, which allows me to maintain my health and independence. Todd has my highest recommendation. “

Trainer: Todd Zody

Client: Maggie H.

Gender (Age): Female (69)

Occupation: Real Estate

Goal(s): Improved Strength, Improved Posture, Prehabilitation, Balance & Fall Prevention

“When I decided to start exercising in a gym, I wanted a trainer but did not have high expectations. I thought a trainer would show me how to use the machines, give me a couple of pointers, and let me exercise but check on me during the time. Didn’t have much faith, but...

I am happy I joined the gym the end of January, 2017 and signed up for 30 sessions with Todd. It is now mid-August and I am finishing an additional 18 sessions and planning for 18 more.

Todd has worked with me tirelessly, giving me guidance as I try to build a solid core, better posture, and better overall appearance. I have had some personal health issues which requires me to wear a boot on my left foot and leg. That provided more challenges for Todd, but he has me doing things I never thought possible. I look forward to the sessions and plan to keep going.

My original goals have not only been met, but the experience in general has far exceeded my expectations. I have more core strength, and have more stamina. Additionally, an unexpected benefit, I am losing weight and eating better through some talks about nutrition, etc. with Todd. I highly recommend him. (And, I am a senior citizen!)”

Trainer: Todd Zody

Client: Patricia R.

Gender/Age: Female/70

Occupation: Retail/Former Teacher

Goal(s): Increased strength, improved posture, increased endurance enhanced general physical preparedness.

“I am very pleased to recommend Todd! That is, in part, because he is such a pleasure to work with, but most importantly, what happens when you do. I began my association with Todd when we moved to Columbus about a half a year ago, but did so with some reservation. The reservation was because I was so accustomed to my long-time trainer in our previous location. He knew me, I knew him, and he was an expert in anatomy and physiology. He knew my body well.

That is, he knew when to push, how hard to push, and when to grow stern. Those attributes that would be difficult to duplicate. To my great relief, Todd did! Moreover, I must have a “mental connection” with my trainer to have a positive relationship and outcome. Todd is all that and more. He is very thorough in his knowledge of my body. He carefully explains what we are doing, what the routine is intended to accomplish and why it is important.

As part of that connection, I need my trainer to be someone I like. To that end, Todd is an intelligent, educated, caring and personable individual. I thoroughly enjoy working with him and just being around him. He is immensely thoughtful and works hard to be flexible in scheduling my times as I am busy, and not available at the same times week to week.

In summary, if one is looking for a really great person to “yell at them” 😊 , look no further!

Trainer: Todd Zody

Client: Jennifer P.

Gender (Age): Female (56)

Occupation: Attorney

Goal(s): Increase bone density, Improve mental/emotional outlook, Increase strength

"I was 54 when I started working with Todd. I had had osteoporosis and, with medication it had improved to osteopenia. I was told strength training was a must. I had never been in a gym before and had absolutely no idea where to go or how to get started. Thankfully, met Todd at a friend's retirement party – she had been working with him for over four years at that point.

I was quite apprehensive when I walked into the gym for the first time, as I am not an athlete and felt very much out of my comfort zone. But Todd could not have been more patient, encouraging, or kind. In a few weeks, I felt much more comfortable at the gym. Todd is very personable and has a great sense of humor.

He places a great deal of stress on proper form. I am learning a lot and know I could never do this on my own. Working with Todd keeps me motivated and challenged.

From the beginning, my goals have been (1) to build muscles that will strengthen my bones and (2) to improve my mental/emotional outlook. I can honestly say that, after working with Todd for a little over a year, there has been noticeable improvement in both areas. And I am committed to continue training with him into the foreseeable future!"

Trainer: Todd Zody

Client: John M.

Gender/Age: Male/73

Occupation: Retired

Goal(s): Increased strength, improved posture, increased endurance enhanced general physical preparedness.

“Todd's workouts are always varied and appropriate to my fitness level and age. As a result, I have had continued motivation and determination. He makes good use of my time with him and provides frequent, positive enforcement, always making sure the exercise is performed safely and that maximum benefit is achieved. Todd is the best trainer I have worked with and would recommend him to anyone who is considering using a trainer.”

Trainer: Todd Zody

Client: Sheila Z. *5-year client*

Gender (Age): Female (60)

Occupation: Retired from OSU Medical Center

Goal(s): Improved strength, increased mobility, become familiar with equipment, learn exercises to perform at home.

“Todd lacks any preconceived notions based on a client's age or misgivings, he is always positive, willing to listen (and learn!), and never too busy or distracted to give 100% of his attention to his clients”

Trainer: Todd Zody

Client: Dan G. *3+-year client*

Gender (Age): Male (55)

Occupation: Call Center Supervisor

Goal(s): Increase muscle mass, improve strength, reduce body fat, reduce waist circumference.

“When I first started with Todd, I had some experience with a Personal Trainer. Todd, however far exceeded my expectations. He not only helps me with my workout routines, but he shares articles pertaining to nutrition and overall health and well-being. We have discussed my nutrition and weight goals in depth. He then selects information to assist me in achieving those goals. Todd helps me to feel like I am the only client that he works with because of his individual attention and concern. We have been training for 3 years now and I attribute my success in large part to his program. I am a 55 yr old with a 40 yr old body. I feel like I am only 35. The reason for this is a great workout, excellent nutrition advice and attention to proper technique. All of these are provided by Todd on a regular basis.

My initial goals were to reduce my overall waist size, increase muscle mass, reduce body fat. While working out with Todd, I have reduced my waist size by several inches, gained muscle mass and decreased body fat. It has been an awesome experience having Todd as my Trainer. I would highly recommend him for anyone at all stages of fitness. He is adept at tailoring the program to anyone and help them be successful.”