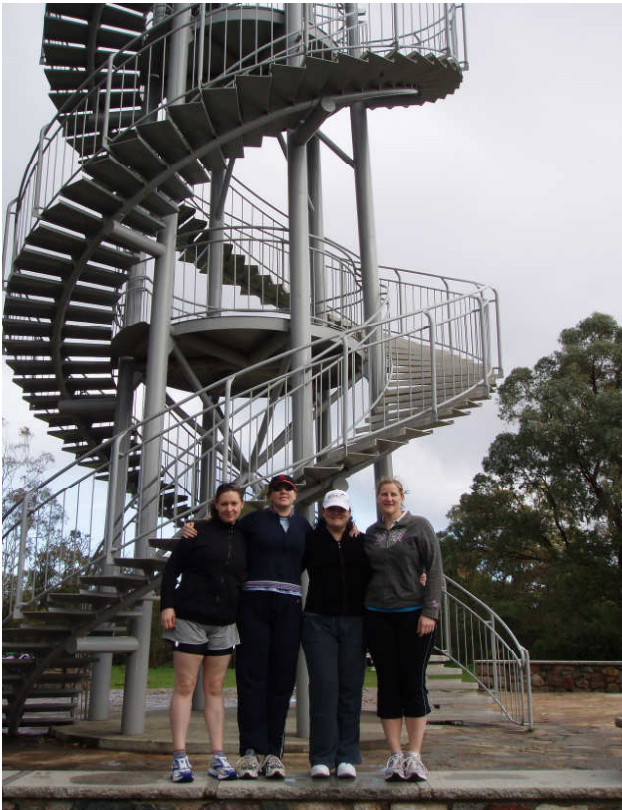


# ..Before and After..

Take a look below at four amazing transformations. See what they also have to say to inspire you and others:

<http://www.runawaybrides.com.au/cnt/107/testimonials.html>

## Introducing Mary-ellen:



### BEFORE

*Mary-ellen on her first day of training.  
(second from the right)*



### AFTER

*Mary-ellen on her Wedding Day.*

I started training with Runaway Brides last September (2009). I won a 6 week training package for me and 3 friends at the Dusk Bridal Fair and I have been training ever since. I had found it difficult to start exercising and with the support of Justine and Tegan I actually started to enjoy myself and look forward to training each week.

It was a bonus that my girlfriends came with me and one of these was one of my bridesmaids. We motivated each other and felt committed to attend every week. I feel better than I have in years and have been enjoying the outdoors. My wedding was in April and although I didn't lose as much weight as I had liked I was more toned and energetic than before. I will continue to focus on my goal and have continued losing weight. I definitely think this is an excellent idea for Brides who want to tone up and lose weight before their wedding. You can work as hard as you like as everybody works at their own pace.

Thank you Justine and Tegan for helping me to get back on track.

Mary-ellen

## Introducing Mary:



**BEFORE**



**AFTER**

## Introducing Jodie:



**BEFORE**



**AFTER**

## Introducing Amanda:



**BEFORE**



**AFTER**