

Here's Just Some of Many Client Success Stories



Chasie W.

“What I wanted and did was gain my self-confidence back. After doing Mighty Fitness Bootcamp for just a month people started to notice not only the change in my weight and my muscle tone but also in my self-confidence. Mighty Fitness Bootcamp also has a lot of incredible women in the class and it is like your second family!”



Cindy R.

“Let's just say I'm not one of Lou's younger boot campers. I joined bootcamp not because I enjoy working out, but because I needed to work out. Health issues, age and doctor's orders forced it on me. Thank God for Lou! With her help I have lost 35.75 inches and gained strength. I am even sleeping better. I could never have done this on my own or at a gym. Lou is fun, enthusiastic, encouraging and invested in the success of her clients. We have a great group of women to work out with which makes the hard work more enjoyable. I can't say that I love working out, but I LOVE the results I get with Lou at Mighty Fitness Bootcamp.”

Cindy lost 20 lbs; and 35.75 overall inches (13 inches in her abs alone!). She was at risk of losing her medical insurance if she didn't reduce her BMI to the number required by her doctor within a predetermined period of time. She was successful and was able to keep her medical insurance!



Claudia V.

“I am so, so happy! I've lost 10.5 lbs. in 21 days and 15.5 overall inches! I feel healthier, more active, my clothes fit well. I'm excited to get to work because at the end of the day I know I'm going to be working out! I hope I can work with her like...I don't know...forever!”



Darlene C.

“Lou, I just wanted to tell you AGAIN how much I LOVE your camp! It really has changed my life so much. I was afraid I couldn't do anything, couldn't keep up and afraid I would quit. However, since joining your boot camp, I can feel the changes so much. I actually have muscles in my legs now instead of pure marshmallow. I can pick up a case of water at Costco and not have to get help; I can jump rope 500 times, and do 60 push-ups in an evening. This is so exciting to me! Before you know it, I will be wearing sleeveless shirts... something I thought I would never do again! By the way, I stepped on the scale this morning and my weight is down another 9 pounds! I tell you, I am UNSTOPPABLE!”



Davina T.

“After being pregnant with twins I struggled with the thought of being able to lose weight after gaining (for twins) not a whole lot, but still a really good amount of weight and getting as big as I was. I started exercising and not wasn't noticing any differences, and I was getting to the point where I was pretty much resigning myself to the fact that I wasn't going to get myself back down to my pre pregnancy weight. Fortunately, Lou came back into town! She provides the motivation; the help to push; the encouragement and the reminders that it's not just about exercising... it's also about eating right and taking care of yourself beyond that; which actually allowed me to get myself down to where I was before I got pregnant, and that was something that I never thought would even be possible! And now I feel better; I feel happier about myself; I can keep up with my kids, and I can be there for them. That was the most important thing for me. The bottom line is even if I had not lost as much weight as I have and gotten down to the size that I was pre-pregnancy, the most important thing for me is I feel good, I feel good about myself and I feel like I can be a good mom to my kids!”



Eva V.

"Lou has been such a blessing to me! I have struggled with my weight since I can remember. I have been on diets and weight loss products since I was 9 years old. Nothing has ever worked for more than a couple months. **Since I have been working out with Lou, everything has changed. I feel encouraged to eat healthier, fuel my body, push myself to finish all exercises, and most importantly listen to my body.** Working out with Lou isn't just working out. She provides the type of complete support you need, including emotional and physical, she motivates you and encourages you to push past what you thought you could do. She really is helping me change my life and the way I tackle my weight loss and well-being. I will forever be grateful for all the love and support she offers, and I cannot wait to see where my transformation leads me!"

Eva lost 10 lbs., 11.25 overall inches (5" in her abs alone!), 3% body fat (12.03 lbs. of fat lost!) in just 21 days! Then she lost 20" overall and 7.25" in your abs in just 20 weeks!



Francie B.

"One day I was walking through the park and I happened to notice a group of ladies working out. I stopped them as I was leaving to inquire about the class. That is when I met Lou, and my life changed. I have never been one to be consistent with exercising, but when I started boot camp with Lou I have been nothing but consistent and I feel guilty if I miss a class. Lou has so much energy and has an amazing personality which makes the workouts fun. She is always changing the routines and encourages you to push yourself. **I have seen amazing results...more than I would ever see from the gym. My husband tells me how happy and excited I look when I come home from camp. I will never work out at a gym again.** Being outside with somebody who truly motivates you is the best way to go."



Giannina S.

"Thanks to you Lou... **you always keep me motivated and you make sweat like crazy. I love it!** You are the best !!!!!"

Giannina lost 30 pounds and is healthier and stronger than ever!



Heather K.

"**My biggest issue that I have with all of this is: I now have no pants left that fit me!** I have lost 20 pounds since November and they are all frumpy on me. I LOVE IT! Now time to go shopping!"



Jennifer I.

"Initially, I didn't even want to join a boot camp but my sister-in-law encouraged me to come. I did and I was hooked on the very first day! For so long I was not comfortable with myself. Being in shape didn't really matter to me. I had my kids and that was my life. Was I happy with myself and how I looked? No. But, I was busy "doing" for my kids...I didn't have time to think about me.

"**Oh my gosh, I feel amazing! I'm way more secure with myself and my attitude is better. I'm happier and more outgoing...I tend to look in the mirror a lot more! My husband is happier, too! My kids are even happier because mom is happier and in a better mood!**"

I look so forward to coming to Boot camp now. **Plus, besides losing 15 pounds and over 23 inches,** I have friends here; family here...it's just a good time and it's my time. I finally have something that's just for me. Overall, I couldn't have asked for anything more and it's only going to get better from here! Thank you, Lou!"



“I was looking for a work out plan that would fit my schedule and would show results. Working with Lou did both of those things and so much more. The motivation and experience Lou gives is undeniably the best! I feel so great and have seen a transformation in my body in just a few months. Friends and Family are constantly complimenting me on the progress I’ve made ever since I’ve started boot camp with Lou. She helps with an eating plan, modifies the exercises if need be and offers advice when asked. Boot camp with Lou has affected my life so positively that I would recommend her to anyone looking to get healthy and have fun doing it!”

Jennifer R.



"Lou is awesome. When you think you can't do it... she keeps encouraging you CAN do it. I look forward to doing her workouts each week and sad when I can't make it."

Joanne D.



“I did Lou’s 21-Day Rapid Fat Loss Plan because I wanted to lose my belly fast. I ate healthy food, did a lot of exercises, abs and cardio with Lou... I’ve never seen my body the way it looks now! I am so happy because I was always skinny but with a belly. Now working with Lou my belly has disappeared! I finally have the body I always dreamed of... my flat belly is my DREAM COME TRUE! Thank you, Lou.”

Judy C.



“I am no longer diabetic and I've moved into pre-diabetes... going forward I won't have to be on any diabetes medication or cholesterol medication!”

“One year ago today I was diabetic. As of today, because of boot camp and eating right, I am no longer diabetic and I've moved into pre-diabetes. My doctor says if I keep going the way that I am I won't even be pre-diabetic anymore... I will be fully healthy. I have also lowered my cholesterol. It was in the 190's about a year ago and now it's at 146! And, again, my doctor says that if I continue on this path that he expects that I can lower my cholesterol a few more points and going forward I won't have to be on any diabetes medication or cholesterol medication! Even my co-workers notice a positive difference in me. Thank you so much, Lou!!”

Lalita N.



“...I love the mind and body transformations I have gone thru (I actually have ankles now!). I am a happier more energetic person because of it all. Not only am I getting the exercise and nutritional help, I have made great friends in the process. When life gets in the way and I have to miss a night, I get upset and try harder to make it up the next session! Not to mention, Lou is an absolute inspiration and her lively personality is the best!”

Leah P.



“I feel so much better mentally, emotionally, physically and spiritually. I wasn’t feeling as good as I do now, back when I started. I believe that it is because of your energy. It has sparked my drive, and your encouraging nature brought me to my commitment to work hard and succeed. I’ve lost 30 pounds and 23 inches! I am so pumped and excited...so pleased with the results, and I am still getting trim and fit! I love you and all the positive energy and compassion that you exude. I am really glad to be a part of this. I think you are the greatest Lou!!”

Lisa W.



Maria I.

“After a month and a half in boot camp, losing 10 lbs. and 8 inches is really rewarding! I FEEL GOOD – physically AND mentally! I feel more in control of my body and my low back doesn't hurt anymore because of my "mommy belly" - my back is happy! I now have more energy than ever for the day, and I have better sleep at night which means I'm refreshed and ready for work the next day! Even my family noticed and said that since starting Mighty Fitness Boot Camp, I haven't been as irritable and tired as I used to! Not only did it change me, but my household too! Members of my family are now exercising regularly and with the nutritional information Lou endlessly shares with us, more and more we opt to eat healthier! Plus, her continued encouragement, motivation, enthusiasm, and energy help me stay stay committed to being fit and healthy! We are blessed to have met you!”



Rachel C.

I am a busy mother of 2 girls who works full time. I joined Bootcamp about 2 1/2 months ago and have seen amazing results! I am feeling more energy, my skin looks better and I am seeing my clothes get looser!” I am so excited each week when I know I am coming to class. I appreciate that Lou holds me accountable and I can keep myself on track. I have carefully followed the balanced meal plan Lou provides and usually have one cheat day per week. It takes a little extra effort to plan out my meals and snacks daily, but as a result I am not tempted by the vending or candy machines any more. I finally have the energy to get through my workday and I feel great! Thank you!”



Sara

“I can't believe my baby belly is already gone! I am so happy, Lou. Thank you!” Sara lost 6 pounds, 9.5 overall inches, 3.6% body fat (that's 5.7 pounds of fat!) and lost her baby belly in just 8 weeks!



Sonja M.

“I have been working at a gym for 2 years now. I have a free membership, with a pool, tons of classes, a full gym and I have put on 15 pounds in that time. I've tried all the classes, in and out of the water, the different programs we have and the equipment, but nothing ever seemed to really motivate me. One day, I noticed a friend of mine, who comes into the gym had lost a lot of weight and was so excited about her new body. I asked her what she was doing and she told me about this Boot Camp she was going to and how much she loved it, and she invited me to come. My first comment was, “No thanks, I hate running!” She told me we hardly do any running and to just try it.

Well, from the first moment I met Lou she made me feel as though I was one of the most important people she's met. I loved her enthusiasm, her joy, her beautiful smile and her way of making you believe in yourself. I have now lost over 20lbs and 25 inches. I have never stuck to anything as successful as Mighty Fitness boot camp has made me. Everywhere I go I bump into someone who can't believe how much weight I have lost. I tell everyone I know about Lou and I invite them to come with me and take the class so they can experience the uniqueness of this Boot Camp, and everyone I bring ends up joining and they have become successful in their goals, too! I have better eating habits now and my exercise helps me to be healthier and happier. I have seen a lot of Boot Camps but this one is one you have to experience yourself.”



“Six years ago today my world was turned upside down when I had a stroke that left me disabled. Little did I know it was going to be the biggest challenge of my life to come back from. At this time, I would like to say "THANK YOU" and acknowledge all of the people who helped me along the way. To my doctor, who told me to get comfortable (in a wheelchair) with where I was, because I wouldn't get any better. It was probably the best thing you could have ever said to me, because I was dumb enough and stubborn enough to prove him wrong! To my personal trainer (more importantly...my good friend), Lou Bagnaschi, for never giving up, and who got me back on my feet! “I couldn't have done it without you, Lady. I may not be a “Super Model”, but I am back

Tina S.

on my own two feet, and that is all because of you!!! The first one is of me in my wheel chair just 3 months after my stroke, and the second is more recent. I am back to strutting in ridiculously sexy high heels!



“OMG! My tummy is actually flat! I didn’t think I would like bootcamp. I didn’t really think I would see any results. But, I am really surprised how many inches I’ve lost in just one month and that I actually like coming to bootcamp! I’m glad my friend recommended you to me. I very pleased with my results so far. Thank you!”

Joanne C.



Debbie G.

“I have reached my original goal, but now I have changed my goal to lose even more weight and to keep getting stronger. When I was younger I was always involved in sports. But, as I got older I really did not do a lot of physical activities. When Gail mentioned your boot camp I wasn’t sure it was something I wanted to do. I came down and watched one time and thought that maybe I could do it. Lou, you were so encouraging and the girls in the class were so supportive. It wasn’t easy, but how I felt when I finished the class was great! All of the support has really helped me keep going. The friendships I’ve made and how everyone helps everyone else has been a great experience for me. The great thing is I know with your support I can do this! Thank you!”



Gail

“Good morning, Lou! I just wanted to take a minute to share with you some good news I received from my OB/GYN. I had taken a bone density test two years ago and it showed some bone loss. Instead of putting me on Bonevia or one like it my OB/GYN told me to eat yogurt, and take a supplement of calcium and D vitamin. Well, I had another test last Friday and my OB/GYN left a message Tuesday night for me to call her. Of course you always assume the worse. I called her yesterday and it was good news! She said that all my bones have increased not decreased. She was so excited she wanted to tell me personally. She asked me if I was on HRT because she did not have my file with her. I told her it has to be the Boot Camp I joined and she agreed. HOORAY for me and thanks to you, Lou!”

Anni S
68, LAUSD Retired

“I just got home from my doctor’s appointment and have to say “THANK YOU”!! He told me that I looked terrific and that BOOT CAMP was one of the best things that have happened to me for my overall health! I did “wow” him because the last time he saw me I was wearing my baggy size 22 jeans, and today I strutted into the office in my skinny size 16 jeans! He was really impressed with the results as both my strength and attitude have improved!! THANK YOU, Lou!!”

Ciara H. 28,

“I started Mighty Fitness Bootcamp 2 months ago. I started because I wasn’t happy where I was with my weight, coordination, ability, and my energy level. Since I’ve started, I’ve lost 10.75 inches overall, I’ve gained energy, confidence, I can also stand on one leg without falling over :), my body feels tighter and yet I’m a lot more limber than before. It has made me want to focus on living a healthier lifestyle...so I quit smoking!! Now instead of grabbing chips to eat, I’ll grab an orange, and it’s so much more satisfying. Thanks Lou...for being such an awesome mentor!!”



Kathy B., 33

“I am a huge fan of Might Fitness Boot Camp. After my first couple of sessions I was very pleased with the results. I love the idea of working out outdoors, the great group of women and most of all, our trainer Lou. She has been there for each of us with nutrition suggestions, great workouts and tons of support. She provides hands on training to help me achieve my goals. We all find ourselves falling off the wagon, but she is always there to say, “no problem, let’s just get started again.” Not only is Mighty Fitness Boot Camp the best boot camp for your buck, it is the BEST boot camp!”