

From: Jenna Hall Kenison [jenna@cellercise.com](mailto:jenna@cellercise.com)  
Subject: Review  
Date: Sep 4, 2019 at 8:54:43 AM  
To: Jenna Hall Kenison [jenna@cellercise.com](mailto:jenna@cellercise.com),  
[cellercise@gmail.com](mailto:cellercise@gmail.com)

Thank you Dave Hall and Christine Hanks! I have rebounded on other trampolines. Some benefits came from that. But not what I wanted. Have rebounded on the cellerciser off and on for about a year. Saw results but not dramatic and would kind of let it slide and stop doing it. Because of this group, I really committed to 6 months. I knew in my gut this was right. I just knew it, but would quit early because I didn't get my "drama" results. I decided to commit to 6 months. I knew I needed to get past my mental roadblocks and allow my body to find the right course for itself and not focus on the results I wanted. The first two months were painful. I gained weight and inches. Honestly, I think it was just muscle over the fat. I hung in there. Trusting Dave when he said to work out on the cellerciser and it would work on you. That it couldn't do anything else. So I hung in there. Now, 4 months in, I have lost the 10 pounds I set out to lose and have lost 80 percent of my cellulite. Feeling pretty darn happy. Thinking about doing the jamba run every other day now. But I don't know. Still want to keep that success going. Just checking in because all of your success stories on here and Dave's LIVES are really what inspired me to commit and push through my doubts the first two months! Thank you EVERYONE. Also, wish I had taken some before and after shots of my rear. I did not. And you few brave folks who did were my heroes. Still might, because I have more strength to gain and more improvements to come. By the way, I did not change my diet. I am kind of stubborn and wanted to see if the cellerciser would work on me even while eating pizza and taking my kids to the state fair and enjoying family movie night with buttered popcorn. I didn't give any of that up. I am sure I would have gotten quicker results if I had, but I didn't want to. However, I do find I am more aware and choosing to make better choices with my food because of the positive

results cellercising alone has given me. So thank you everybody. Can't wait to see what the next months bring me!

Laura [REDACTED]

[REDACTED]