

(Recently Miller Time Fitness hired a freelance writer to interview one of our amazing clients, Craig Thompson, Esq., who is currently using our nutritional and online fitness program.)

**Ever wonder how an uber-busy lawyer manages to stay in shape?**

*Craig Thompson, Esq., practices international law and routinely travels for business. I initially contacted him while he was on a business trip in Chicago, and interviewed him at 7am PST in California a few days later. He had just returned from his morning workout!*

**Good morning, Craig! Jo would be proud to hear you got your workout in, for sure.**

*Yes, I should have a t-shirt made with that saying: "Jo would be proud!"*

**I know. Me, too. I was just thinking that as I ate my egg for breakfast this morning - Jo would be proud.**

**So, tell me about your "before Jo" self. What motivated you to contact Jo at Miller Time Fitness?**

*Well, actually, I met Jo through my children's trainer at LifeBridge, Jason Kim. I was asking about a nutritionist for my children, ages 7-14. He recommended Jo. Long story short, I decided to hire her for myself, instead.*

**Why?**

*This year I turned 49. My friends were talking about what gifts they were going to give themselves for their 50th birthdays -- cars, trips to the mountains, etc...*

*I decided that what I wanted for my 50th birthday was to be in the best shape of my life.*

**What were your specific goals?**

*Right off the bat, I wanted to lose 20 pounds.*

**Anyone in their 40s knows how challenging this can be. How did Jo help you?**

*Initially, Jo asks you to track your eating habits for three days. Then she makes up a custom weight-loss meal plan for you. She tells you IF you do XYZ, this will happen. What Jo proposes works!*

**Jo told me that you were her “ideal client”. You tried to follow her plan precisely. I’ve done some traveling, too, and know how hard it can be to eat healthy. I can’t imagine doing this every week!**

*Hotels often have a good fitness room. But the social aspect of eating on a business trip cannot be understated! I’m surrounded by food and alcohol.*

**How has Jo managed to keep you from “falling off the wagon” with your nutrition plan while traveling?**

*I’ve learned to pack my own snacks, and Jo has helped me find great supplements which travel with me. I have some funny stories now about setting off the TSA bomb alarms and getting patted down, because I’m traveling with amino acid powders!*

**I’m sure changing your diet had to be hard. What was one of those harder changes?**

*Bone broth. I just don’t love it. But when you mix it in with something else, it works.*

**I understand that you segued, also, into using Miller Time Fitness's online weight training program as well. Can you tell me a little about that?**

*Well, I was so impressed with Jo's nutrition expertise. It really works! So when she started asking me about my fitness program, I listened. I signed up for her online fitness coaching. Now I send her videos of some of my workouts, and she is able to give me just the feedback I need.*

**Have you reached your goals? What does life look like for you just six months later?**

*I've lost those 20 pounds! I've been working out since high school, but I've never before been able to achieve that balance between fat loss and muscle gain. Now I'm enjoying significant body fat loss with great muscle gain, thanks to Jo!*

**Congratulations, Craig! You must be an inspiration to your family and friends, especially those teenagers of yours.**

*Yeah, well, my son does like to work out, too!*

**What is one of the best aspects of working with Jo?**

*Jo's constant motivation and super-positive support! We do a weekly phone consult. I'm always honest with her, say, if I've had a few drinks on a business trip. Even if there's a blip on the screen with my nutrition plan, she is always so positive!*

**As Jo likes to say, "Teamwork makes the dream work!"**

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