

RESULTS





All "before and after" photos were taken after a three-month Fire Athlete Fitness Challenge. The average weight lost was 18 pounds and average body fat lost was 6.2 percent.



Before

After



Before

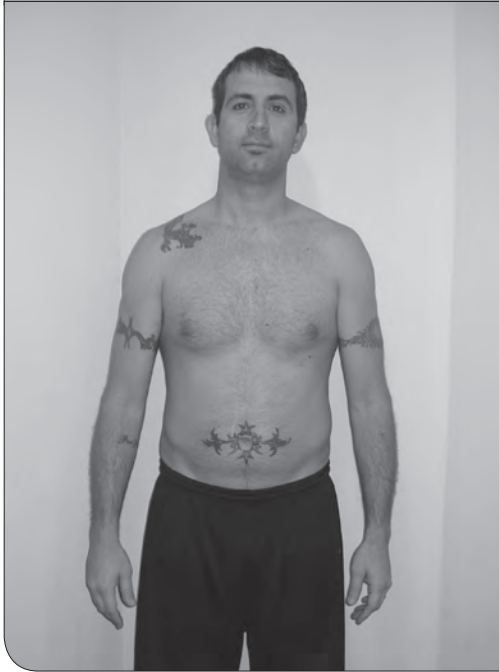
After





Before

After



Before

After





Before

After



Before

After

