

Testimonials from Former Classes



Transitions is a lifestyle change. *Transitions Lifestyle System* isn't like other diets. *Transitions* provides education, and education is the key to success. No matter what the subject, education unlocks many doors. Learning how to eat, shop, read labels, choose the right foods and exercise has made my life so much better. *Transitions* has given me tools to use the rest of my life. While grocery shopping I don't have to count points, or buy premeasured frozen foods. I buy healthy Low-Glycemic foods. Eating food isn't a chore; *Transitions* allows me to eat healthy food and not feel hungry after a meal. My *Transitions* coach is a true coach. He is constantly supporting, encouraging, and pushing me along. Diets don't work-*Transitions* focuses on your well-being and making lifelong changes.

I would recommend *Transitions Lifestyle System* to anyone.

Mary Reinhardt



I have had a weight problem my entire life. I have tried to lose weight with replacing meals with shakes and cutting my calorie intake to a bare minimum. I would lose the weight, however, I was always hungry and eventually I would give in to the hunger and binge. This would result in gaining all the weight back and usually more. I have currently been on the transitions program for 6 weeks. I now eat something every 3 hours and it is wonderful not being hungry all the time. In fact, I sometimes have a hard time remembering to eat the snacks during the day. I have shown a weight loss each week since starting the transitions program and it makes me want to keep going. I now know I can be successful in reaching my goal. The best thing about transitions is that you are eating "real" food, you learn how to eat healthy for life. This is not a fad diet, it is the change I needed to myself to live a healthy lifestyle.

Connie Clark

For me, Transitions has been so much more than just a weight loss program. After only one month, in addition to losing weight, inches and body fat, I believe that my health is in the process of being restored. My energy is returning, I have better mental clarity. My skin is healthier. I don't need as much sleep and yet I'm getting more accomplished in my day. If all that wasn't enough, I am NEVER hungry on Transitions (I'm eating twice as much as I did a month ago, only more nutritious foods) and the knowledge that I'm gaining can be used for the rest of my life and shared with my family and friends.

Sara Valenzuela



After going to the gym on a daily basis and working out for the past eighteen months, I hit a huge plateau. I struggled for 6 months to get past it. I worked out hard 6 days a week with cardio and strength training. Although I was eating better than I had before, I was still missing the nutritional training. “Transitions” is teaching me the correct foods to eat and how often I should be eating them. The support I get from Dan Duran and the others in the class is hands down better than anything I tried before. After only four weeks into the program and I already saw a difference in my energy level and best of all, **I’ve broken through my plateau!!**

Angela Inderbitzen

I have tried many “diets” unsuccessfully. What I like about “Transitions” is the education and knowledge I have gained concerning reading labels and the way foods affect your body. I have learned so many things about food that I never knew before. My whole family is eating better and even my kids are into it! The program is easy to follow and I am never hungry!! Transitions is really a new way of life, not a “diet”!

Patty Genobaga

I came to the first Transitions class feeling overwhelmed and depressed by my weight. I had already tried Jenny Craig and Weight Watchers and was skeptical to try another program. The Transitions Lifestyle System is not only teaching me how to eat, but its teaching me how my

body processes the food that I do eat. In four weeks I have dropped 13 pounds, 5.75 inches, and 2 percent body fat. I have more energy than ever and feel great! I would recommend the Transitions Lifestyle System to anyone trying to lose weight and live a healthier lifestyle.

Jessica Potts

I began my weight loss journey in March 2009. I saw a picture of myself and was absolutely mortified at what I saw. I was overweight and miserable, sitting idle, watching my life pass me by. With a daily exercise regimen and working out with a personal trainer on a regular basis I was able to shed about 50 pounds. I was not yet at my goal weight and then hit a plateau. For the next 6 months my weight stayed the same. I wasn't losing any weight, inches or body fat. I was becoming discouraged.

I then discovered the Transitions Lifestyle Program while working with Dan during a weight loss contest sponsored by the Yuba City Racquet Club. That is when EVERYTHING changed. I was skeptical at first as "dieting" has never been something I was able to stick to as I just love food! During the program I learned that it was NOT a diet at all. I also learned about which foods to eat, what foods to stay away from, and how to change my eating habits to help my body burn fat instead of store fat.

Fitness and healthier, low glycemic eating habits are now a way of life for me and my family. I still enjoy food, just better food. I have more energy and feel better than I have in 20 years. I broke through my plateau, have now reached my goal weight and continue to lose inches and body fat.

I believe in this program so much and am so excited with my results that I want to share it with everyone and help them achieve their weight loss goals as well by helping Dan and Jen with the Transitions classes here at YCRC.

Christy Reyes

Transitions was the missing link for me. I had been exercising 4-5 days a week and gaining weight. I was frustrated that my hard work was not producing the results I strived for. At 53 I blamed my age, never really looking at the foods I was putting into my body. Rationalizing every bowl of ice cream, brownie, cookie.... I could go on for days the wrong foods I was eating at the wrong times. Transitions has taught me how to eat and that it is important to eat the right foods often. That is exactly what I needed. All my cravings are gone! This program works.

Dan and Jen have to be the best coaches Transitions have. They truly care about each and every one of us that have gone through this program. Their knowledge and their presentation of low glycemic way of eating is what makes this program so successful. The Racquet Club should be very honored to be able to offer their members this way of life by two of the best in the business. Thank you Dan and Jen you have helped me change my life.

Cindy Neves

I have tried many diets over the 25 years I have struggled with a weight problem, always gaining the weight back once I stopped the diet. Transitions Lifestyle System has taught me that I will never again be on a diet. After only 12 weeks, I have lost 20 pounds, lost 19.5 inches, lost body fat, gained energy and, best of all, restored my health. With the support of Transitions coaches, Dan and Jennifer, I feel my 25 year struggle with weight is over with my new Transition Lifestyle.

Kim Cheney

I started my journey into weight loss when I was born. I have been overweight my whole life. I am just naturally a bigger girl and I gain muscle very easily. I unfortunately also seem to gain fat very easily. My weight constantly fluctuates and never stays the same. I have spent thousands of dollars on weight loss. I have tried every program, every diet, every pill, every exercise, and every random thing you can think of all the way down to not eating at all, in hopes of fitting into a single digit size so that I could feel as pretty as all the skinny girls I went to high school with. But at the end of the day, nothing worked, and I would eat more food. I eventually got to a point where I didn't care anymore and just gave up. I ate what I wanted, I didn't work out, and the pounds piled on. Over the years since high school I have slowly started to accept that no matter what I do, I will never be a size 2. I have slowly started to like the fact that I am strong and have muscle. I just need to work on showing that and getting rid of the fat.

I moved to Yuba City for a job and decided that it was getting ridiculous and I needed to do something to change. It wasn't about being skinny, although that is always a perk, but it was more about being healthy and feeling better. I just felt unhealthy and gross, and I hated that feeling. So, I decided to join a gym and started at Yuba City Racquet and Health Club. I started physical therapy to work on my knee problems and I started personal training with Jessica

Loblein who was fantastic! She challenged me and was an awesome personal trainer. About halfway through my personal training sessions she told me about a new program at the gym called Transitions. I was hesitant because I had already tried everything and I thought another restricting diet was the last thing I needed. But I went to the informational class anyways, and I was pleasantly surprised. Transitions is not a fad diet, and it is not restricting either.

Transitions is an amazing program that gives you so much knowledge and information on everything regarding food and your body. It tells you how to read labels, and not just the normal labels, it gets into the nitty gritty and explains ingredients and what to look for. It tells you about your body and how it reacts to different types of food. Transitions tells you all about fat, the good and the bad, how to cook and what to cook with. How many times a day to eat and what to eat. How beneficial vegetables are and why to eat more of them...and so much more! The class is just amazing. There are so many recipes you can make and still eat good food, but healthy food! I have the knowledge to eat well for the rest of my life and I will never forget it. I encourage anyone, even if you think you are healthy and fit, to take the class. You will without a doubt gain new knowledge that you didn't know to better yourself.

I have made a great improvement in myself since starting and completing the 12 week class. It was a bit of a struggle with my old self and trying to be a healthy new me, but I succeeded and am doing well. I have lost quite a bit in inches, weight, and body fat percentage, but I still have some more to lose and am going to continue to go to the classes, journal, and work out. The best thing about completing the class aside from all of the knowledge gained is that I love to work out now, and I have this new found acceptance of myself. I am happier and not ashamed of myself anymore, and that is a great feeling!

Sarah Miller

My name is Victor White, and I'm a graduate of Dan Duran's Transitions Lifestyle System class. When my wife first talked with me about Transitions, I was very skeptical. I thought it was just another form of Slim fast dieting. Just another "sign up thing" that locks you in to doing nothing but spending money. However, once I spoke with Dan personally, I wasn't so sure about my original opinion.

I decided to go and see what I could learn. I was 6 years into retirement, and I had packed on an extra 40+ pounds, and I thought was eating healthy. Then Dan told us about the Glycemic Index. From that first meeting, I decided to start listening. Throughout the training, I felt Dan was my

personal inspiration in so many ways. He was serious, funny, and humble as he weaved the class through all the new material.

I never felt this was anything but a very serious look at how I could improve my life. It became very personal to me, and all of us in the class. Before I met Dan, I couldn't bend down and tie my shoes, without raising up to get a breath. Now I can! I went from 249 lbs, to 217 lbs. I have never felt better physically, or emotionally. Dan also introduced me to resistance training. I'm 66 years old and not able to push iron like I used to, but resistance training I can do easily.

I cannot express enough, my sincere thanks, to Dan and his wife Jen, who also added to the class. I also thank my wife Corey, for having the concern for me, which I needed to get a grip on eating right. I feel so much better when I go to the store and can count on what I learned to buy the right foods for better nutrition.

Dan has made it clear that we are now in his loop. We can come into any new class and be involved in future informationals.

My wife and I are planning another Detox week soon and I plan on keeping with the Transitions approach for the rest of my life... besides, it's so easy!

Victor White

In this new year, I am exuberant that I don't have the usual 40 pounds to lose! I joined the Transitions Lifestyle Program this last fall; at a time food pitfalls are everywhere. And I lost over 25 pounds in spite of it all! I even lost several pounds during the month of December. Unheard of!

I've participated in many weight loss programs over the years, but never found one which gave me the type of education needed to reprogram my brain, while at the same time giving me concrete ways to stay accountable and on track. Additionally, I have included more strength training into my exercise regimen, which has helped me become more confident and toned.

At 52, I was afraid that I was doomed to be achy all the time; doomed to have belly fat; and doomed because of menopause to be overweight. What a relief to realize that I am not doomed at all. I feel like I have a fresh start going into 2011. Many thanks to Transitions, and my wonderful trainer, Dan Duran

Lynn Marie Gault

Let me just start with when I came to the Yuba City Racquet Club. I was in a frustrated state of mind. The problem was me not getting into the gym, and the progress I was not seeing. I felt like, “What’s the point?” I was not getting anywhere, so I thought if I just did more cardio and starved myself, it would be the answer to losing weight. What happened next was I lost the muscle I worked so hard to get and kept the fat on. I also felt horrible. I wanted so badly to get into the best shape of my life and nothing was working. I’m not the type of guy who reaches out for better health but I was at the end of my rope and had to do something about it. I thought that maybe if I opened my eyes to something new, it would work. A trainer was what I needed! So I approached who I thought would be the best fit for me and that’s when I met Dan Duran. He had a full schedule at the time, but said he could get me in at the end of October. Great! A couple days went by and Dan came up to me and asked me how I was doing and began telling me about a program that would help me meet my goals, so I asked more questions. After he explained the program to me, all I wanted to know was where and when we started, and that’s when my “transition” began.

I started the Transitions Lifestyle Program and at first wondered how I was going to get through the first week. The first couple days were rough, but after reading and understanding why we were doing what we were doing, it all made sense. The overwhelming support from the staff with Transitions and the experience the instructors had in nutrition was enough to convince me. The first thing I learned was “quality, not quantity,” and that’s how I live my life today. Proper nutrition made all the difference in my attitude and energy levels, and most of all, the supplements were exactly what I needed to continue down the path of good health. They were the final pieces of my puzzle.

Since completing the Transitions Lifestyle Program I feel better than I ever have. I have lost the weight I wanted to lose, and best of all, I can keep it off! I am excited to wake up every day and start my day knowing there will be challenges. It is true there will be people who will try to sabotage you and to them I say, “No thank you.” My only goal now is to monitor what I put in my system, and to continue down the path of low glycemic eating, since it gets better every day. I believe that because of this program, I have become the best person I can be and thanks to Dan and the Transitions staff, my goals are being met.

Thank You for this Lifestyle...

Robert Austin

Deciding to join the Transitions Lifestyle program at the Racquet Club has been one of the best health choices I have made for myself. I had been sticking to my usual fitness routine and thought I had pretty good eating habits. After leading an active and semi-healthy lifestyle, I decided to kick it up a notch shortly after turning 40. No matter how hard I worked out and ate well, the scale and my body didn’t reflect my efforts, perhaps I had reached a plateau. I noticed

the results of Transitions clients and thought that whatever they are doing, IS WORKING! Transitions Lifestyle for me has changed the way I eat by making better food choices for myself by following the advice of Christy & Dan. I learned that not all fruits and vegetables are created equal and by eating low glycemic foods, I was able see and feel results that I'd been searching for. Weekly classes helped me stay focused on eating well and working out routinely as the accountability factor played a major part of my motivation. Christy and Dan offered suggestions to my current fitness regimen which included more weight lifting, something that I was lacking. The loss of inches was quite a shocker for me. I still can't believe the number of inches you are capable of losing by following the Transitions Lifestyle program. Weight loss was just a perk from low glycemic eating along with noticeable loose clothing that was pretty snug fitting before. I couldn't be more pleased with my fitness results. Christy and Dan are a huge part of my results as they supported me with phone calls, texts and emails on tips for success but mostly with encouragement and the belief that I could reach my personal goal. They were (and still are) our own, individual nutrition and fitness coaches that "customize" our paths to meet our health goals as they are different from person to person. I would encourage anyone to try Transitions Lifestyle program. You won't be disappointed.

Rosie Vasquez

Simply put, the Transitional Lifestyle System changed and renewed our lives! My wife Coleen and I were active, healthy and energetic when we met some 15 years ago. Two beautiful kids, two growing businesses and many life challenges later, the activity and energy of our beginning had turned into a stressful blend of family and business obligations. My doctor had warned me numerous times over the past few years that my creeping weight gain had turned into obesity; finally, prescribing Lipitor to battle an elevated cholesterol number. I began feeling hopeless and ashamed of my body, refusing to look at myself in the full length mirror that hangs in our bedroom. Coleen had heard about Transitions at the Racquet Club and over the next few weeks, convinced me to go to the orientation. The rest is history!

Transitions is first and foremost an educational program that teaches you how food affects your physiology. Coach Dan Duran and his wife Jen are terrific motivators and educators that make going to the weekly session's fun! The five step system is fairly simple; learning how to eat on your own using the Glycemic Index (GI), using nutritional supplements, exercise, journaling your eating, exercise and thoughts, and getting feedback from your coaches and fellow classmates add up to the education, motivation and implementation for success. The friendly competition between Coleen and I also didn't hurt!

Do as Coleen and I did. Get your energy back. Get your confidence back. Get your life back. Take the Transitions class. It will change your life.

Darren Morehead
January 2011 Class

My name is Michele Weldin and I was in the first graduating class of the Transitions Lifestyle System at the Yuba City Racquet Club. When I started the class, I had had Surgery on my knee and could hardly climb up the stairs. I was extremely over weight and had medical issues such as High Blood Pressure and High Cholesterol. I began the class with a very open mind; however in the middle of the class, I was not able to go due to work. I was able to resolve the work issues but missed three or four classes. When I returned I remember looking at some of the women that Dan Duran had trained and was amazed how fit they looked. I asked Dan about the gym and decided that evening to join the gym, and I did. About a week later, I asked Dan if he could train me. At the time I asked, he had no room in his busy schedule. He sent me a text message later that day, as he was trying to make room for me, as I was very motivated and wanted to resolve my weight issues. He was able to fit me into his very busy schedule. I was very excited and motivated. So he started to train me, and within 2 weeks, I could walk up the stairs and not have to pull myself up with my good leg. My leg continued to get better. Within 1 month, my blood pressure began to lower and my doctor took me off my two blood pressure medications. After a week, my doctor did add a small dose of one of the meds as she realized that she may have taken me totally off too quickly. She added that I may go off completely in one month. This was done to wean me off the medication. My cholesterol is now perfect. I have been on a business trip this week in Southern California at a doctor's office whom I saw 1 ½ years ago and she did an exam and was very happy to see after she ran a medical test called Body Analysis (BIA) that I had gained quite a bit of muscle and lost 2% body fat. I attribute all this to joining this awesome gym and having a great trainer who really takes his time with you, cares about his clients, and knows how to design a plan to get you where you need to be. Prior to the Transitions Lifestyle System class, exercise was not part of my life. Now it is a huge part of my life. Thanks to Dan and the employees of the Yuba City Racquet Club I have I have lost almost 30lbs to date.

Michele Weldin



After moving to Massachusetts last year, my husband and I decided to take a vacation to California to visit all our friends last April. Of course we were very excited to be reunited with

our friends, but surprised to see that they had shrunk a couple sizes! They gave Dan and the Transitions Lifestyle System credit for their success in weight loss, and after a week of hearing all their stories, we decided we just had to give it a try. Luckily for us, Dan and his wife agreed to be our coaches via Skype from over 3000 miles away!

Our friends gave us the motivation, and Dan prepared us well for that first difficult week of detox. After that, it was smooth sailing. I enjoyed learning about the glycemic index, the ingredients in the foods we eat, and how to read labels. It all made sense! Why wasn't I eating like this before? Now 3 months later, and down 2 pant sizes, not only is my waistline happy, but I have a new found sense of energy. I feel I am more productive in my daily routine and have better balance in my life! Transitions, like any good thing, requires time and effort in the beginning to learn and adapt to, but ultimately, when you see and feel the results.....it's a no-brainer!

Trisha and Joey McDaniel