

Meet Dr. Marat Goldenberg

Body Zone member since 2006.

“45 lbs and counting” is Dr. Goldenberg's vision/goal. With a daily workout routine consisting of cardio and strength training, he feels a sense of accomplishment and confidence in many ways. “I enjoy the way I look and feel now,” says Dr. Goldenberg.

And that feeling of well being transfers to all facets of his life, too. Whether at the workplace or at home, he reports feeling energized, happier and more productive. His words of wisdom, “If you make an effort, the rewards will surpass all of your expectations!”



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