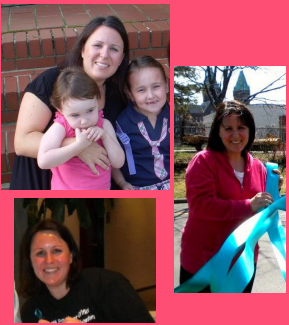






- Like many people, I struggled my entire life to lose weight.
- As a working mother my days were filled with bad eating habits, stress, and a very sedentary lifestyle.
- I put on about 60lbs in a span of 10 years.
- Life was chaotic and everyday was spent trying to survive the “hot zone”.



- My first weight loss “a-ha” moment happened when I joined Facebook and my unhealthy lifestyle was on display for everyone to see.
- I was embarrassed to be seen in pictures and tried my best to hide.
- Facebook, and the new online world, made it very difficult to ignore the person I became.



- "What you eat in private shows in public" couldn't ring more true.
- It was painfully obvious my diet didn't consist of green smoothies and quinoa.



*"When you do what you always do
then you get what you always
get".*



*This girl was ready
for a change!*



- After years of failed weight loss attempts I knew this time around I had to do things completely differently.
- I discovered My Fitness Pal. This was my 2nd weight loss "a-ha" moment and a total game changer!
- I put systems into place, created routines, and developed habits to keep my new healthy lifestyle a priority.
- I organized myself skinny!

*"Change is found
in the daily habit."*



My life completely changed!

- Not only did I lose 40lbs but I developed a confidence I didn't know I had.
- I felt amazing, inside and out!
- I took back my life and for the first time in a long time (likely ever) I felt completely in control.



I became a new woman!

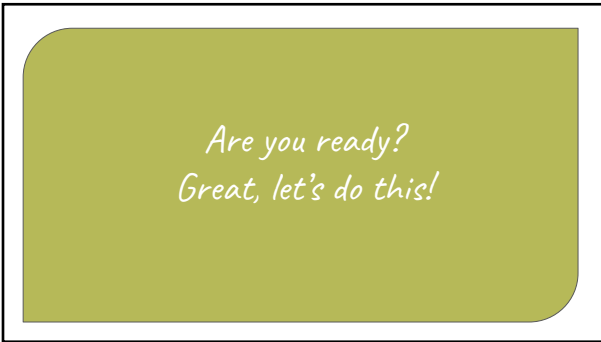




This girl is a happy girl today!



- I'm still a work in progress. Of course, there are days when the couch wins over the treadmill and I get lost in a bag of chips. I'm human.
- But I'm happier, feel great, and confident.
- The systems, routines, and habits I teach in this course continue to be the ones I depend on to create a lifestyle that encourages and supports healthy eating habits, exercise, and a stress-free environment.



*Are you ready?
Great, let's do this!*
