

Jacqui 's Testimonial

Before Starting this program, I did not feel comfortable in my own skin. I wanted to have that amazing positive outlook on life and be out there in the world but my own self-image was holding me back. I felt bad having to buy bigger clothes every time I gained weight. It just wasn't me anymore. So I decided that the next time I was going to buy clothes, I was going to be excited about it. I was going to lose weight and go shopping for smaller clothing, not bigger clothing.

This program made me feel like my happy-go-lucky self again. I saw results quick and after all is said and done, I have lost 72 pounds. I am now comfortable at my weight and very happy buying clothing. I made the choice to change my ways and I did it. The most important thing is also sticking with it. Like I tell everyone, you make it your lifestyle!!