

## Cassandra – Colorado

I went to one of Jen's ski conditioning classes in New Castle, CO. The first one was great! I felt awake, energized and ready for the rest of the day! The next morning I felt great, then it set in. By afternoon I thought I might have to have someone help me sit down and get back up! Great feel-good pain! When Jen moved from CO I stuck to my routine with her through her online workout programming as well as the nutrition advice. I lost a total of 20 lbs and 3 pant sizes!

Next thing I know, my new job and life changes made it hard to keep on a routine. I couldn't find time to workout but every now and then. I gained back 9 lbs in a month. Now I am back on track and instead of *finding* time to workout I MAKE TIME! Being back on track is exciting and I'm happy with myself again. THANKS Jen for pushing and following through. I don't think I could have done it without you!! You do amazing things...even when you are miles away.