

## **Laura Leybourne – Colorado**

"When I got pregnant with my son in 2007 I was in good shape. I continued to work out during my pregnancy but at 6 months I was told by my OB to stop because of complications. After the birth I lost all the baby weight easily but just didn't have the time to physically get back in the shape I was before...until I started on-line training with Jen. She has showed me that you can accomplish a lot even when you don't have a lot of time. After 6 weeks I have lost 8 pounds (I haven't weighed this little since high school) and feel stronger and healthier than I have in over 2 years."