



1. What was your overall health like before you came to Purelit Studios? Describe your quality of life, mention any pertinent health information you are comfortable sharing, and pictures if appropriate. Paint a picture of your life before exercising with me.

I love to exercise and I have always exercised consistently- 5 or 6 days a week. In addition to almost daily exercise, I feel like I have always been on a diet in one form or another. For years, I ran 5 or 6 times a week, usually 6 miles a day. As I got older, I replaced running with a daily hike. I have attended Pilates classes 3 times a week for the past 10 years, taken aerobic-style exercise classes, and even worked out with a personal trainer for a couple of years. In spite of all this work, I had ALWAYS been 12-15lbs over weight (and super frustrated about it!)

2. What brought you to Purelit Studios? Why?

I was inspired to start working out with Linda after seeing progress made by a friend of mine. She and I were in an exercise class together and after a few weeks I noticed that she was "shrinking" in size. I noticed that she had lost weight and her muscles looked toned. I asked her what she had been doing to get her results! (I knew that it wasn't from the class we were attending.) She was getting results I had been pursuing for years and had never achieved! My friend told me about Linda! She told me about the nutrition counseling that Linda offered and invited me to join her for a week of workouts. After the first class, I was hooked...and exhausted☺

3. What were you seeking by signing up for the challenge? What were your goals and why? Try to be specific and measurable.

I joined my first Purelit fitness challenge with the goal to change my body composition. I wanted to lose fat and gain muscle. I wanted to get those 12-15lbs off for good. I had seen my friend's results and wanted the same for myself. I have always exercised, but felt the look of my body NEVER reflected my exercise efforts. I wanted my body to look different. I wanted to make a lifestyle change.

4. When you initially started (did the weigh in, had your first pictures and measurements, got your meal plan and participated in your first work out), what were your feelings and thoughts?

I had made the decision that this time, this diet/exercise plan was going to work for me! I was excited about the meal plan because it seemed doable and less

restrictive than other diets I had put myself on. I was excited for the possibilities and I was committed. I had to be accountable to someone, but knew that I had the coaching support in Linda.

5. How was the first week for you? Explain.

The first week of the diet went really well. Surprisingly, I did not feel hungry. In fact, it felt like too much food. I had to make myself eat some of the meals. I had always restricted my caloric intake to the point that the food on the meal plan felt like too much. As time went on, I realized that the meal plan had just the right balance of proteins, fats, and carbs to keep me feeling satiated, but also keep my body fueled and burning fat. I won't lie. I had to make adjustments and learn to cook/eat more fish, but it got easier over time and my results were worth the changes to my lifestyle.

6. Did you feel you had support during the weeks of the challenge? Were there ways the support system could be improved and if so, how?

I absolutely felt like I had emotional support during the weeks of the challenge. Linda is a powerhouse with enough energy to fuel a small country if harnessed. She kept us all going.

7. Was your accountability buddy consistently supportive? Meaning, did they reach out and encourage? If so, how often?

I didn't want an accountability buddy at first, but I surrendered to the idea and was glad I did. My accountability buddy was consistently supportive. She and I would share messages and silly GIFs back and forth throughout the weeks of the challenge. Sometimes the message was a simple "You got this!" or "Keep working hard- we can do this!" Other times our messages were, "I am so tempted to eat a big cookie right now." We checked in with each other at workouts and throughout the weeks and she helped me stay focused.

8. What were the most challenging aspects of the program? How did you cope?

One of the most challenging aspects of the program was not letting my discouragement stop me when I didn't see the scale move for a couple of weeks. During the first week of the challenge, I lost 4 pounds. I was so excited! The second week, I lost 2 more pounds. During weeks 3-5, I didn't lose anything. I was working out every day, sticking to the meal plan, super tired and my muscles were sore and the numbers on the scale were not dropping. I began to have doubts and question why I was doing this. I didn't believe that my body could be changing without my weight changing. I coped with this discouragement by trusting in Linda's words and experience, and in the experiences of others. Linda always said, "TRUST IN THE PROCESS!" and I did.

9. Do you feel the program brought you closer to your beginning goals?

Yes, 100%.

10. Do you honestly feel you followed the program as designed?

Yes, I know I followed the program as it was designed.

11. How did you FEEL when you saw your results from the program and the before/after pictures?

So Happy! All that hard work was WORTH IT! I felt super, super grateful to my friend who introduced me to Linda and her unique coaching style. I was so happy that I did not quit and that I trusted in the process.

12. What would you say to a friend/acquaintance about the program and about Purelit Studios (complete transparency helps me so keep it real!)

Linda knows what she is doing. If you will put in the effort, Linda will get you there.



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