



PURELIT STUDIOS

1. What was your overall health like before you came to Purelit Studios?

My experience before Purelit consisted of working 50+ hrs per week at the office, eating at my desk or in the car 75% of the time. I would buy breakfast on the way to work and buy dinner on the way home. I would drink several sodas per day to stay awake and "productive". Greens generally consisted of the lettuce on my taco or hamburger during the day. Walking in the office was the extent of my exercise. My weight was up to 214 when I decided I couldn't keep doing what I was doing.

Buying 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.

2. What brought you to Purelit Studios?

My wife has been working out with Purelit for almost a year when she finally talked me into trying it out. In my ignorance, I would say, I'm not doing the "chick" workout. Boy was I wrong! The first day, kicked my rear end. It was the hardest workout I have had since playing sports in high school.

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

Because my wife had already completed a challenge, she convinced me to jump right in with one of the next fitness challenges. It is a mix of both food portions, eating time and exercise and will last between 6 and 8 weeks. It was difficult, but Purelit was right there every step of the way. It was amazing to see how involved Linda was in the process. It was the start of a transformation of my body and getting my mind back in the attitude of changing my thinking about food and exercise. The first two weeks were very hard, it did help that both my wife and I were changing our behaviors together.

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?

My initial week was more than I thought I could handle. After the workouts I would have to lay on the floor and rest. Remember, 214 at the start was my weight. My fat percentage was high and I was absolutely out of shape. I was a bit nervous about the process after the first week, but Linda was right there to give me advise and support.

5. How was the first week for you?

It was about two weeks when I felt that I had a handle on the food and the workouts. It was exciting to start to feel better.

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?

My family was the support during the challenge. We help keep each other accountable for both the food and the workouts. Weekly weight in help as well to keep me focused on the challenge. Getting the initial body scan was also a great help in see how out of shape I was and how much better and healthier I could be.

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

Because my accountability buddy was my wife. She was very involved is assisting me with the challenge. Every meal we made together helped us not to cheat the process.

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

The two a day workouts were the most challenging. It was trying to stay focused on the food intake and stay consistent on the daily workouts. To stay focused, I carved out time every morning at 5am to workout. I would take Friday and Sunday mornings off to recover and rest.

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

After the first challenge that I participated in, I lost 41 pounds of fat and gained quite a bit of muscle. It was a complete transformation from where I started. It has caused a lifestyle change that will be easy to maintain.

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

I followed the food and exercise program exactly. The goal was something that I felt was obtainable and possible. That was what kept me going with it during the difficult days. As I started to see the pounds come off and feel my body gaining strength it was motivating.

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

It has been years since I both felt and looked this way. It was a feeling of both gratitude for the program that Linda at Purelit has created to assist in reaching the goal that I had. At the start, I didn't think that it was possible at my age to get back into shape again. The program proved me wrong. I followed the program and saw success.

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

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The first few days were the most difficult. It's worth it if you put in the effort with both the food and the workout. Purelit is a wonderful mix of weights and cardio. Anyone will see healthy benefits from giving the challenge a try.

