

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.



August 2013 was the beginning of my journey. I joined a gym and thought if I work out really hard for two hours a day I can continue to eat all the junk I want (I don't recommend my path). Over the course of 5 years I yo-yoed my weight. I started out at 203. When Purelit opened their doors in October 2019 I was still 185. It was hard to tie my shoes. I was out of breath all the time. I was short of breath just lying in bed! I felt gross all the time really. I would go through good and bad cycles of staying committed to going to the gym. I have an intense love for the training that Linda offers. However, I was never able to bring that same passion into my kitchen. I ate horribly. After years of training I did not feel like I looked like all the hard work I had put in. I needed to break my cycle

2. What brought you to **Purelit Studios**? Why?

I was looking for group classes. Purelit workouts are engaging and challenging. The vibe in the studio is welcoming, uplifting, empowering. Even when I am not feeling 100% I know there are options so I can make it through and come out feeling accomplished. I've never left a class wishing I hadn't gone :) I was hooked.

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 the challenge seeking fat loss results. I already had the dedication to go work out. I set my fat loss goal to 15 pounds. I felt it was a bit high for 8 weeks. In my heart I knew it was the same amount I've lost on my own between October 2019 - May 2020. I wasn't sure how realistic my goal was for myself even though I had watched the results on other challengers.

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 was nervous, pumped up, scared and excited! Could I do it? Would I though? Could I stick with it? Will I? What is my family going to think of the food? What about my birthday cake? No Cheat days? No willne!!!! I might DIE! UGHHHHHHHHHHHHHH Is this all I can eat? How much is ok? I'm so glad she put where to buy this stuff! Where can I find more recipes? Is it too late to ask for a refund? Maybe if I quit now I wont feel like I failed. I can do it next time right? Oh my goodness I had so many thoughts and feelings. One of the best things I heard that day was in the kickoff meeting. We were encouraged to picture ourselves at the end of the 8 weeks. I believe it was that envisionment that really helped dial in my motivation. At weigh in I was surprised by my weight and how much of me was still fat. After all these years I was still mostly fat :(I could not wait to start seeing results. I was more than ready.

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

The first couple days of the week were good. I didn't feel starved. My energy was up. I was feeling like I had this in the bag! Day three was a different story. I felt the urge to give in. My head hurt. I was soo hungry. I felt like I needed to grieve the loss of my dear friend sugar. My mood suffered as I couldn't bandage my emotions with cookies. I struggled with low energy while I fine tuned the balance of protein, fat and carbs. I wasn't eating enough was the key. Once I got on board with eating less more often my energy and mood balanced out.

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?

Ok, So I absolutely loved checking off my name or my partners name on the poster. I miss it now that the challenge is over. It might be silly but I still like earning gold stars! My family was above and beyond supportive of me. So much so my eyes tear up thinking about all the ways they kept me going. The class leaders, classmates and my partner were all wonderful. Everyday they checked on me. Asked if I needed help finding new ways to cook

the food or chatting about food prep that has helped them. My accountability partner and I spoke almost everyday. I wasn't able to make any of the challenger only classes. I think those are a great way to build comradery. Maybe a closed facebook group in addition to the group chat? That way each challenger can share with everyone easily.

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

She did a good job. I think we didn't communicate much outside of class because we worked out together in class almost everyday. She was always supportive. She shared ideas for cooking that I really enjoyed. She is so sweet and thoughtful.

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

Not eating my emotions was definitely the biggest obstacle for me to overcome. At first I just ate more celery lololol. It got easier as the weeks went on. My family and the coaches were all there for me if I needed to talk. A lesson I wish I learned years ago!

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

Absolutely!

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

I was 90% I skipped some of the steppes discussed in the program. Imagine if I had been 100% WOW

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

Surprise. Amazed. Encouraged. Motivated.

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

Don't wait to flip your switch! The after pics speak volumes.