



# PURELIT STUDIOS

The purpose of this questionnaire is three fold. One, to document YOUR JOURNEY of what brought you to this point and what you found by the end of the challenge. The second, is to help OTHERS find the courage to take that big leap of faith and test the challenge out for themselves, and third, to provide feedback so I can continue to improve the process and results.

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 was feeling depressed and fat. My weight climbed to 195 pounds the last couple of years that my mom was alive. It was all stress and I had not even had a moment to myself to workout. When she passed away and I stood on the scale I was a bit taken aback. I decided I need to do something. I began by cutting down on all the stress, hand to mouth, foods I was eating, like candy. I also developed a bad habit of eating sweets right before bedtime. In short, I felt old and tired. I was trying to keep up with a little workout by spinning a couple of days a week. But shortly after mom passed, the gym shut down and I was lost.

2. What brought you to Purelit Studios? Why?

I happened to be part of a text group that someone revived when they mentioned to Linda that the old Platinum Fitness had gone under. Linda responded by saying she was starting up her own studio gym in her garage and invited that person to join. I chimed in and Linda responded with a resounding, give me a call, we will talk. At that point I met with Linda and the journey began to get my health and mental well being back on track. I have not looked back. It journey has been amazing!!

3. What were you seeking by signing up for the challenge? What were your goals and why? Try to be specific and measurable.
  - a) I was seeking weight loss but more importantly, I wanted to feel good again. In my forties I had a great workout routine and felt pretty good. I had let that go, and I knew that was partly why I felt bad.

- b) I also knew diet was playing a huge role in the way I felt. Linda helped me get on track with my eating plan. Off the sweets and fattening foods and onto leaner, better choices.
- c) I had a desire to get out of the size 18 and 1x/2x clothing that I had adopted. I wanted to get back down to my feel good size 8 again.
- 4. When you initially started (did the weigh in, had your first pictures and measurements, got your meal plan and participated in your first workout), what were your feelings and thoughts?

I was actually excited. I had worked out with Linda before at the Platinum Fitness club and loved it. She had a reputation for 'kicking your butt' in a workout and that she did. I knew right away when I signed up for the first challenge that I had made the right choice. The first workout was rough. I was wiped out. The meal plan was difficult at first because it forced me to think differently about my eating and even shop differently. I am a cook at heart, so I soon warmed up to the challenge and began finding recipes that contained the limited ingredients in the meal plan and started to play.

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

The first week of the first challenge I did was a bit hard. Like I said, it was a totally different way of thinking, shopping and cooking. I soon got back into the workout routine and that made me feel really good. I was ready to keep going.

The first week of the Get Shred challenge was much better. By then I had a new set of goals, to get rid of the last 20 pounds and reach my ultimate goal. The meal plan was hard for me, as I was never able to completely eat all of the protein laden meals. But, I have noticed since I have been off that shred meal plan, my body gets a lot more sore with workouts than it was. I was 'on fire' during the shred! 😊

- 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?

The support I was seeking was being with a group of people who had similar goals. To feel healthy, some to lose weight, and others to just have fun in fitness. The mix of people in the workout classes has truly been a blessing. Linda is also supportive and offers advice and answers questions along the way. I took advantage of that as well.

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

During the first challenge, I did not really have an accountability buddy. At one point I had someone who disappeared, so we lost touch and did not really support each other. I believe she was in England for a time so it made it difficult.

During the Shred challenge, I did have a buddy and her and I did stay in touch. We would text each other daily or every other day about our progress, no matter how big or small. We worked out together a lot so we supported one another. I think the accountability buddy really is all about how 2 people interact. Sometimes it works, other times, not so much.

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

The hardest part for me was making sure I put aside the time to workout. I had fallen into the habit of keeping myself so busy with things that I literally had to carve out time to make sure that I worked out. I also don't like to be bored. I will honestly say that working out with Linda is NEVER boring. She keeps it mixed up all the time so you never know quite what to expect. That is a huge part of what keeps me coming back each day.

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

Absolutely. Today I stand on the scale and I see 142 instead of 195. I look in the mirror and see a smaller me, and most of all, I can have fun with fashion again.

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

For the latest Shred program I did, I absolutely followed it to the letter. Double workouts and all. And because there was not much room for play, the same diet every other day. LOL But I lost 11 pounds and most of all, seemed to make another leap from size 12 to size 8, so it worked.

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

I am not fond of looking at pictures of myself. But it does tickle me to see how tubby I was at first, and how much slimmer I am now. That makes me feel very proud. I worked hard to get here and had a great mentor to help.

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

I would tell friends (and often do) that if they are looking to feel good, lose weight, get fit or just have fun, that Purelit Studios is the place to be. I brag about you to people when they ask me how I did it. I don't believe I would be where I am with my fitness and weight goals without Linda's expertise and support. One thing I would say, a lot of my friends are older than I and when I tell them about the program, or even just the workouts, I think they think they could not handle it. They are more of the 'silver sneakers' crowd. That said, I don't know if Purelit has a program like that, or if that is in the cards, but I think there is an audience for that sort of thing out here.

Thanks Linda for all you have done for me!!!!