



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 ate a lot of fast food because it was quick and easy. I prepared a lot of boxed/canned meals for at home meals but ate out most of the time. I was overweight, borderline obese. My knees hurt, my back hurt, and I had tension in my neck and shoulders. My quality of life was not great. I had felt overweight and gained baby weight, couldn't get back to where I wanted to be and lacked self confidence in terms of appearance.

2. What brought you to Purelit Studios? Why?

My kids were 2 and 6 at the time and had learned names of restaurants/symbols. My youngest daughter didn't know what the letter M was but she knew that M meant McDonalds. This hit me hard and was one of my deepest fears. My kids expected things like Olive Garden, Texas Roadhouse, etc. as their daily meal options. This bad habit was not just mine but my children's! Something had to change.

I wanted to find better food choices. I wanted weight loss, I wanted to show my kids healthy life style and keep my hubby healthy and safe for many years! Our family history has diabase on both sides. I was motivated to do the challenge and win the prize!

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

Hell Hard!!! I felt heavy and weak and couldn't breathe! I didn't want to take pictures of myself for the before pics. I don't cook or know how to create meals so this was a BIG obstacle at first. I felt nauseous, hungry, tired, and also proud a bit that I was doing it! I would stop before splurging and thought to myself, I PAID for this challenge, I can't cheat now☺.

4. 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?

It was a really good thing my hubby did the challenge with me to help make meals from the nutrition plan. Linda did workouts with us instead of just watching and that really helped me! Purelit Studios had a great family feel and we all came to the workout sessions together as a family. We were in it together!

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

I felt hungry and I coped by chewing a lot of gum lol.

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

Yes definitely. I've done two challenges and had better success with the first the second one had some cheat days which helped me keep going. The weeks felt hard/long.

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

Proud! So glad I "suffered" to get the results. I felt healthy, light and self confident. I felt more attractive to my hubby and couldn't believe it worked. REALLY that's the best answer, IT REALLY WORKED!

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

If you do the program, you'll get results! It will be tough, especially the second week and the week before the last lol. But, if you have a good accountability buddy it will be great! Let Linda know so you can get the most out of the experience☺!



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