



PURELIT

CASE STUDY: KAY W.



1. My overall health before I came to Purelit Studios was less than fair. I am extremely overweight and even though I have been “Dieting” for the past 25 years, I never seem to keep it off and I have never been involved with a gym and a personal trainer before. I was tired all the time, I injured my knee several years ago and between the extra weight and not properly exercising it was keeping me from stepping up (I could not even step up into a van with over a 12 inch step up). I could not get up off the floor. After coming to Purelit and participating in the Flip the Switch challenges I now can get up off the floor and step up into a van! I’m still working on moving those step-up boxes a little higher!
2. I made a decision early in 2020 to finally stop the stress eating and try to start working out at a gym and begin a healthier lifestyle. My husband had been to a presentation Purelit Studios had done at the real estate office he works for late in 2019 and he told me to ask Christine Parish about it. Christine gave me Linda’s number and said she was amazing! I called Linda and she was just starting a challenge that week.
3. I want to continue to lose weight with the challenge and continue my workouts and weight training growing and changing the way I feel. My goals are to continue to lose weight. I have broken my goals

down since I have about 100 pounds to lose. I try to continue to press myself when I work out not to “be comfortable” So that I can continue to lose inches and tone my body while eating healthy and losing weight.

4. My original weigh in I was excited to start something new. I was hopeful that I was finally making a positive change. I have probably lost over 500 pounds in my lifetime between Weight Watchers, Medifast, Arbonne, you name it. I have had successes losing 75-80 lbs. at least twice over the past 15 years with moderate exercise on my own. Just to gain most of it back again. I turned 60 in 2020 and I decided I’m not getting younger and it’s getting so much harder to lose the weight. I wanted a change that finally made a difference.
5. The first week was hard. I had a few headaches the first couple of days and I was really sore from working out. It was really hard. But I stuck with it and started to feel so much better just in about 5 days. I was encouraged to keep going.
6. Yes, I had lots of support. Everyone has been super supportive, and my partner Laurie was wonderful. Linda was supportive as well.
7. Laurie was my buddy and she was very supportive. She checked in with me and we always talked about how everything was going.
8. The most challenging for me is still going out to eat, but actually since Covid 19, I haven’t gone out much so that was good. Sometimes I pushed myself to work out. When I was working sometimes I struggled with snacking when I got home from work. Working out right after work really helped me with the snacking.
9. Yes, the program for me was a success and helped me get closer obtaining my long term goals.
10. I followed the program probably 75% of the time with the last challenge. This was my third challenge. My first challenge I probably was at 90% and I lost more pounds. So it works if you are dedicated to nutrition and working out.
11. I felt great when I saw the difference in my before and after pictures. I have come a long way since January. It has inspired me to keep going!
12. I would say the challenge is one of the most effective ways to get healthy clean out your gut from unhealthy nutrition choices. The exercise program is a challenge but in modification I have been able to continue to grow and do more. Even though I am sore (often) I love that I have lost so many inches and I feel so much stronger. Purelit Studios has exceptional workouts and I love the size and the support not only from the trainers but also from everyone that is working out. It’s the best thing I have ever done for myself and I’m so happy to have found Purelit Studios!!! I even got my husband to join and he is so happy that he did!!

Thanks again Linda you are amazing. Even though I know it’s hard and I’m sore I know you take that time to show me proper form and modification to get the most out of my workouts!