

CTUY Program Participant- Donna Patrick!

BEFORE Pic!

CTUY 12-Week Program, Spring 2013



12 Weeks Later!

CTUY 12-Week Program, Summer 2013



CTUY POST 12-Week Program

September-December 2013



Donna completed 24 weeks by taking her first CTUY 12-Week Program in the Spring of 2013. In September of 2013, Donna did the CTUY POST 12-Week Program.

Donna's results, as you can, see were amazing!

[Here is a peak at how Donna's body composition changed, from start to finish...](#)

Weight Loss:	10.6lb down on the scale
Fat % Loss:	10.4% decrease in body fat in 24 weeks
Muscle gain:	9lb increase in 24 weeks
Internal Metabolic Age:	Donna gained 21yrs on her life in 24 weeks – Donna is internally 23yrs old currently!
Visceral Fat Loss:	2lb of fat surrounding Donna’s heart and organs was burned in 24 weeks...Donna had low visceral fat to start with! Way to go Donna! That’s all that cardio 😊

Congratulations Donna on your long-term success with *CTUY 12-Week Programs*! Donna has been maintaining her physique as she continues to follow her Programs as a lifestyle.

CTUY 12-Week Programs are based on what you personally can commit to in terms of exercise, from very little to advanced! Each Program is personalized to *you*, and results are guaranteed when you follow your Program outline and guidelines.

If you are interested in a 12-Week Program, please email conquertheunhealthyyou@live.ca