

12-Week Program Testimonials - April 24, 2012

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I quit smoking 3 ½ years ago and slowly my weight kept creeping up and my body fat % was getting really high. I had what I call a mushroom top when I would put my jeans on and it was getting depressing. Also, weight issues run in my family so before it became a major health concern for me, I decided to try Patty's new program.

I had been going to BATS Fitness for almost 4 years (4-5 times a week) and thought I was eating fairly healthy so I was frustrated that I was not losing weight. So, I had many doubts in my mind that the program would work as well as it did. The key is the combination of the meal plan and the exercise plan, and gaining the knowledge of what you should be eating and when. My first reaction to the meal plan was "You actually want me to eat all that?!" and "How can I eat all that food and lose weight?"

Well, **I** am proof that you can eat **all** that food **and** lose weight! I started the program September 4th 2011 and by Jan 4th 2012 - I had lost 23 pounds and my body fat % had dropped 10 % and I felt awesome. It is an automatic boost in your confidence level and your energy level.

I was about 1 ½ months into the Program before I really started to notice the weight coming off and then I just kept losing about 2-3 lbs a week; it seemed so easy as long as I stuck to the Program.

I gained knowledge about the types of food I should be eating, and the amount of protein, fiber, fat and carbohydrates I should be having in each meal/snack. I learned how often I should be eating and when it was best to eat in conjunction with the exercise. It was a definite eye opener!

Patty was always there to give helpful tips and offer up alternatives to make the meal plan more enjoyable. There was never a lack of her encouragement which most definitely helped me through this Program.

Although my Program ended December 4th 2011, I still work with my meal plan and the exercise program. I treat myself one day a week and have been able to maintain my weight.

I am not saying that it is not hard, but for the first month you really need to push yourself to stick with the Program and then it just becomes a habit. I crave the foods from my plan and not the junk foods I would have chosen before. It really does become addictive!!

I brag to everyone about this Program; it is a Healthy Program to lose weight and tone.

Thank you Patty, you really changed my life!

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