

*Lisa Runham - CTUY 12-Week Program Success Story!*



**BEFORE** the  
12-Week Program:  
April 28<sup>th</sup>, 2013



**AFTER** the  
12-Week Program:  
July 28<sup>th</sup>, 2013

**CONGRATULATIONS LISA! You did so, so well and you look so, so fantastic!**

[www.conquertheunhealthyyou.ca](http://www.conquertheunhealthyyou.ca)