

Knowing where we want to be and getting there are two different stories. Until I put my picture side by side, I still saw the same person in the mirror. Sure my clothes size had changed....in fact I've had to buy a few things and a belt even!!! But I didn't see it until I compared the two. I think the hardest thing for me is the BMI charts. I don't like them. In my world (according to Christine) they aren't always right. Feeling good in what I wear and how I feel should be my determination on where I am. I can't say this has been easy. Lots of ups and downs, but I think I've got this figured out. Diet is key to losing weight. You can Cellercise all you want but if you eat junk like I have, you just become a hamster in a wheel going no where. Eating healthy will help with so many things, exercising will help me maintain and improve even more. I love my Cellerciser. It has helped me tone, maintain and lose, clear my head, and keep me going. Having a Cellercise family that encourages you, is the icing on the cake! From the start of my journey to now, I am down 45 lbs. I will probably stay where I am because I am happy here. Thanks everyone and "you've got this"!!!

