



Changing my diet and taking ID nutrition vitamins was a more gradual process – I had to take it one step at a time. First, I stopped eating out. I was a fan of the drive-through restaurant and was nervous to give it up, but after learning about clean eating from Coach D, I knew it was the only way. I started counting calories, reading foods labels, and even weighing my food to learn about appropriate food servings. The weight started coming off. Don't get me wrong it wasn't easy! I had to stick with it and practice serious self-control. I would decline certain social events because they revolved around food. I changed driving routes to avoid my favorite drive-throughs, I brought lunch to work, and kept healthy snacks on me at all times. I also started cooking more meals at home using healthy recipes from my coach. I eliminated "diet" from my vocabulary and looked at this as a lifestyle change. I felt like crap when I ate "crap" and felt good whenever I ate "clean."

Lifestyle Coaches helped me realize that this program is about a lifestyle change, not about just being on a diet. I took that lesson to heart, and have strived not only to lose weight, but to change my life. In pursuit of my change, Coach D encouraged and supported me throughout the whole process. I could tell he truly cared about my health. As the months continued I enjoyed noticing the little things that came with my weight loss. After only two months of being on the ID nutrition vitamins, I was taken off of my acid reflex medication. During the next nine months, I lost fat and build muscle! Because I saw results every single week, it motivated me to keep going. Coach D taught me healthy eating habits, the value of exercise, and the importance of living a healthy lifestyle. The benefits of being healthy have been priceless!

My waist size has gone down over 5 inches which has greatly decreased health risks that may have been lurking. I also now walk into a room with my head up again and my shoulders back. I have received many comments from co-workers saying I look more "alive" and that I have the "sparkle in my eyes."

I have the energy to play with my kids. I am happier, more confident in myself. Perhaps the most special aspect of my weight loss journey is the lifetime friendships I developed with the people that I workout with and the ones that have helped me with my goals.

Lifestyle Coaches really is The one that works! I have referred many of my friends because I want everyone to have this opportunity to change their lives. Thank you Coach D, for giving me my life back!

Everything is a process. BEFORE and AFTER. Before I started working with Coach D I was into hanging out and just not taking care of my body but when I started working with him he became a positive influence in my life. After we made the physical changes as far as my look I wasn't satisfied, I wanted more ;so we intensified my training regiment for performance (if the body can perform YOU WILL have the look) and now he has helped me get to a point where I have considered entering physical fitness challenges and where I can work out neck to neck with guys who have played collegiate sports and professional sports and it's crazy because I never felt that was possible. Through working out with coach d I discovered that I love calisthenics and every time I go out of town I seek out the calisthenics guru of that city and work out with them now I'd be lying if I said out performed them BUT the fact that I can go to the park and do their workout speaks volumes.