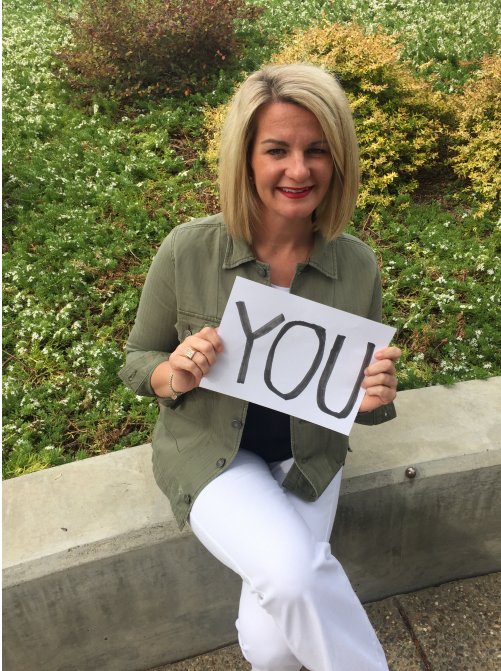


## Amanda's Story



I started doing IHP at the start of the last challenge. Feeling tired, stressed, and bored with my regular fitness routine I was looking for a “jump start” to help me get ready for a birthday trip I am taking this summer. One morning, as I dragged myself into the Lodi studio, Helena told me about IHP and said she had been doing it and the pounds were melting off. Obviously, that got my attention! My first IHP class was HARD... and so was the 2nd, 3rd, and 4th for that matter... but the music was good, the people were positive, and the instructors were

MOTIVATING. I left each day feeling a huge sense of accomplishment and soon I was addicted to class. I stuck with the program... doing at least one True You class 6 days a week and I started to see results. And then after the first month I was motivated to tackle my diet. I had noticed on days when I wasn't making good food choices I struggled in class. I started making small adjustments, including no more diet soda and TONS more water. I also tracked every single thing I eat in a notebook I keep in my purse. I am not perfect or an expert by any means but this has really worked for me! I still enjoy chips, guac and margaritas. But I feel like if I write it down I am more conscious about what I am eating. Now, all these months later I am down about 30lbs and feeling better than ever.

I am going to Cabo with my college friends to celebrate my 35th birthday. I am looking forward to spending time with my friends, eating and drinking amazing food, and celebrating all that I have accomplished these past few months. Being confident in myself and my body is the BEST birthday present I could give myself after years of not feeling great. But after all that celebrating I know I will be ready to get back into the studio... and even if I'm not ready I know Helena will FIND ME!