

**Case Study**

Let's talk about Ann  (name changed for privacy).

She's a mum, a partner (i.e. she has a significant other) and an employee for a large corporate.

She came to me because she's in her mid-40s and she doesn't want to have to deal with health problems like high cholesterol and diabetes in her 50s and 60s.

She also wants to overhaul her food choices for herself and her family and start exercising.

Ann doesn't eat breakfast. Never has.
She drinks coffee. She doesn't pack lunch because she might have lunch with a client.
If she doesn't then she pops off to the vending machine for a packet of smoked beef chips.

Ann is every boss's dream employee; she works long hours and gets the job done.  So when it comes to supper she chooses quick-to-make meals or relies on store cooked meals or even takeaways.

Ann has dodgy knees so exercise is a hit-and-miss affair. And did I mention she doesn't drink water?
Maybe one glass per day.

Ann came to me and she said, *”Lee just tell me what to do and eat and I'll do it. Don't tell me that I need one protein, 2 veg and ½ a carb. I don't have time to work out how to put that together. Just tell me what to eat.”*

I shared with Ann the Fit and Fabulous 21-day Jumpstart.

It has recipes for breakfast, lunch and supper. It includes shopping lists.
There are guidelines for introducing movement without having to commit to going to the gym.
And every day begins with a cleansing green drink.

Ten days into the program I checked in with Ann and she loves starting her day with the green juice.
She was eating/ drinking breakfast every day.
Her favourite lunch is the anti-inflammatory green soup and suppers have seen a turnaround in the kitchen.

In 10 days she had lost 3 kg.

When I checked in after 21 days, Ann was feeling better.
She had noticed that her tummy was flatter - bye bye bloat. Her jeans were sitting looser.

She loved having smoothies for breakfast. The green juice is the way she starts every morning.

She also noticed that her joints weren't as sore so she is able to move more easily.

And she had lost 4.1 kg and 14 centimetres from her body.

She felt confident going forward that she could plan her meals for the week so that she didn't have to revert back to store meals and quick pasta dishes .

Ann is just like you and she said, *“When you have a little bit of guidance which makes making better choices easier, losing weight and feeling great is not such a daunting exercise.”*

And after 4 weeks Ann had lost 5.7 kg.

Let's take the overwhelm out of eating healthy and get you feeling good and looking good, inside and out.

Contact me to start your Fit & Fabulous 21 Day Jump Start.