

Bikini and Bridal Ready!

By: Jenn M.

I have been involved in fitness for over 10 years. I have always been known in my family as "the healthy one". I am a gym person and went there fairly regularly, and have always been somewhat conscious of what I am eating. I have had my bad days and my good days, just like anyone else. About 3 years ago I slowly started putting on weight, and I gained 20 pounds over the course of 18 months. When I started realizing that I was not fitting into any of my clothes anymore, I stepped up my game - I started working out hard and watching what I was eating. After working out steadily and watching food intake for over a year, I had not only NOT lost any weight, I had gained 4 extra pounds! I tried everything, including different diets, workout programs and stimulants to try to burn extra calories. Nothing worked. I was resigned to the fact that I would stay 20 pounds overweight forever. Then I met Sarah and she told me about the Biosignature program. She told me it was guaranteed to work. I figured, what do I have to lose?



I have tried everything else, and I am getting married in 2 months in Jamaica - I would have done just about anything to drop a few extra pounds and look great in my wedding dress AND a bikini. Within the first week I was down 5 pounds! I couldn't believe the scale. In 3 years it had done nothing but go up and now it was telling me I was down 5 pounds - I had to weigh myself 3 times that day to make sure I wasn't dreaming. After 2 weeks, I was down just over 8 pounds! I thought it had to be water weight! How could someone lose weight so fast and it be anything but water. I didn't feel weak, or sick like I had in the past on certain eating plans. In fact, I felt amazing!

I also suffer from IBS which makes for lots of uncomfortable digestive issues and daily stomach upsets (and plenty of unplanned trips to the bathroom). I could not seem to keep my IBS under control. Being on the Biosignature program not only made the weight drop off, it totally eliminated all of my IBS symptoms! Plus, my insomnia seemed to disappear too! Two of the things that made every day difficult, were now history! After 2 weeks, Sarah did my measurements again - I was down over 3% body fat which means it was definitely NOT water weight I was losing - I had lost actual body fat!



results@imaginefitness.ca www.ImagineFitness.ca (905)483-1024

After seeing results like that, I was determined to keep at it. I understand the importance of exercise as someone who has been involved in health and fitness for many years, but I had been so busy with wedding plans and regular life, that I had not been making exercise a priority for myself. Even without the regular exercise, my body fat percentage kept dropping. Here I am, 2 months later, 10 pounds lighter, 6% less body fat, and ready for my bikini in Jamaica! People keep telling me I look great, and I had to get my wedding dress taken in almost 2 sizes!

I will be the first to tell you that the Biosignature program works! I was a sceptic, but am now living proof that you CAN lose the weight you want to lose in a short amount of time!

