



**essential balance**  
*Build Another Lifestyle... A New Changing Experience*

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I am a recreational marathoner (in my 50's) who thrives on physical activity. Because of this high level of training, I was concerned about proper nutrition. Was I taking in enough of the right types of foods to meet the demands of my training?

**This is where Jo-Ann and First Line Therapy come into play.**

Since working with Jo-Ann on my nutritional requirements, I have **gained valuable insight into my health and nutritional needs** and have **discovered a whole new energy level**. I value her expertise in nutrition and how it impacts on our day to day lives.

With Jo-Ann's guidance and advice, **I am eating more of the right types of food and at the right time of day**. It is incredible how even small changes can make a big difference in how I feel. Also, my **body composition results have improved** greatly; and I'm very pleased with that.

**Planning meals is a lot easier** now and I look forward to what I once considered a real chore.

Proper nutrition and physical fitness: a true balance.

Thank you Jo-Ann for keeping me on track!

GN, SOF