



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

## EB Testimonial

May 25, 2007

As you know, I used to be quite fit and active. I played sports, and hit the gym 6 days a week. I injured my knee and had to stop a lot of what I was doing. I also spent more time socializing around food since I wasn't at the gym. Without a doubt I gained some weight, but not enough for me to really be concerned. Overall, **I had gained 20 pounds! And the habitual healthy lifestyle I once knew had completely disintegrated.**

**My solution:** SOF training & Jo-Ann Chartrand, RNCP.

**Accountability** is a HUGE motivator. And **keeping a daily food/activity journal** will allow you to track what you've eaten and when as well as what your energy levels were on those days.

So, I kept track during week 1... I skipped breakfast and went long periods without eating, my water intake was low, and I overate when I found time to eat... I had very little energy and I kept getting muscle cramps in my legs during the warm-up run!

Week 2 - Having done the **body composition testing and measurements** allowed me to **set concrete goals** to strive for. The **menu plan** outline provided made **planning and preparing meals easy**. I put it all together the night before, pack it in a cooler bag, and take it with me the next day. Everything is **grab-and-go**, so eating every 3 hours isn't all that challenging. Also, the **meal replacement shakes** help with water intake and **appetite control**.

I can't believe how much **energy** I have now. I don't crash half way through the day. I am **sleeping better** at night, and I find it easier to get out of bed at 4:00am than I used to find getting up at 7:00am. AND the energy lasts until 10:00 at night!

Further, since I began using the Endura (available through EB Nutrition), my muscle cramps have disappeared!

I'm at the end of week 3 now. After 2 weeks, the results speak for themselves. Jo-Ann knows her stuff, and she sells **quality products**. At the rate my fitness is improving, I'll be in better shape than I ever have been in about 3 months.

Regards,

JR