

Your-Own-Secretary..... Now there are enough hours in the day!

21 Eastbrook Bend, Ste 101
Peachtree City, Georgia 30269
E-mail: kaysenterprises@comcast.net

Phone: 770-487-2550
Fax: 770-487-2849
www.your-own-secretary.com

July 23, 2013

To Whom It May Concern:

I am long overdue in writing this letter. I was obese and aging terribly when Jamie Arion came into our lives!

On October 25, 2012 we began her 24-Day Challenge with Advocare. Jamie checked in with us on a daily basis as we modified our life style. She was great! She encouraged us and gave us new options as to how to change our diets. She was exactly what we needed.

On day 25 after we began the 24-Day Challenge, I had lost 18 pounds and Phil had lost 15 pounds, and we were going on a cruise. Jamie gave us tips on how not to lose everything we had learned but still be able to enjoy the cruise. We did great! It was even Thanksgiving! When we came home we had to learn how to deal with the holidays. Once again Jamie was there with tips all along the way. Before Christmas I had lost 25 pounds and by April I had lost a total of 50 pounds!

We also hired her to be our personal trainer. She was great and helped me to deal with a lot of pain I was having due to old knee injuries, sciatica and biceps tendonitis. She showed me ways I could still exercise and become stronger.

One of my goals was to lose enough weight that having my knees replaced would be easier since I knew that day was coming. Well that day has come, at lease for one of my knees, and my physical therapists all rave as to how well I have done! I know it was due to losing some of the weight and the exercise program Jamie had given me to help me be strong!

Sincerely,

Kay Wagoner & Phil Downey

President
www.your-own-secretary.com
770-487-2550