



Monday, July 6, 2015

Jamie Arion  
AdvoCare

Jamie,

Thank you for helping me find the path to the healthy, fit me I've been searching for! I'd never tried a diet plan before and was skeptical of supplements. After researching AdvoCare and talking to friends who'd worked with you, I decided I was ready to try the 24 Day Challenge. During our first meeting you told me that if I committed to making healthy changes to my diet and lifestyle for 24 days, I'd see real results. You assured me you'd be there for me the whole time, cheering me on and helping me when I stumbled. Coach Jamie, you delivered! I was amazed that I actually felt better during the entire 24 day challenge; I had more energy and I never felt hungry or deprived. It was easier for me to make healthier food choices (goodbye cupcakes) when I told myself it was only for 24 days. But then I reached day 25 and realized I'd lost 7 lbs and decreased my BMI by 4%! This is the morale boosting jump start I needed to feel confident I can reach my fitness goals. I'm sticking with the habits I forged during the 24 Day Challenge. Thank you for all of your advice and support. You've given me the tools I need to look better, feel better, and live better!

Thanks again!

Laura Dzwigalski

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