

205 Hearthstone Reach
Peachtree City, GA 30269

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Jessica Walker
Momentum Transformations
21 Eastbrook Bend Suite 220-B
Peachtree City, GA 30269

To Whom it May Concern,

For over 20 plus years my life had become sedentary. After once being a relatively active person, playing tennis, golf and softball three or more times per week, I was then coming home from work and sitting on the couch. Additionally, I ate, not because I was hungry, but because food was prepared and put in front of me. I gained over 50lbs, was borderline Type 2 diabetic and had no energy. Life was quickly spiraling downhill medically.

I knew that change needed to be made. Fortunately, I met Jessica through a mutual acquaintance and was amazed by her story of transformation. Her bright personality and can-do attitude was infectious, and I joined her nutrition and lifestyle program. It was the best thing that I have ever done.

In the past 8 months, I have lost over 30lbs and have increased energy and stamina. Her recommendations for developing good nutrition and work out habits have been spot on. Even though I am eating differently, I don't have that hungry feeling all the time. I am active working out and playing tennis on a regular basis. Health-wise I am no longer pre-diabetic, my knees don't hurt and even my eyesight has gotten better. This is all attributed to Jessica and her habit based plan for me.

To anyone that wants to make a change in their life, become healthy, and lose excess weight, I will only recommend they work with Jessica Walker at Momentum Transformations. She truly has made a significant difference in my life and I am a better person because of her.

Yours truly,

David Austin