



Jessica Walker
Momentum Transformations

Dear Jessica,

I had been exercising regularly for a long time but making no headway with weight loss, as is common with women of a certain age. ;-) My diet was pretty good but had room for improvement, and it's safe to say I was in an eating rut with some bad sugar habits.

The month before going on a girls beach trip I noticed your Little Black Dress group program was about to start. So 3 of my beach going friends joined me in your month long program so that we could support each other and feel good going to the beach. Meeting with you weekly kept us going and the food was tasty and easy to prepare. Your daily coaching with emails and exercises kept us engaged and moving.

We all lost some weight before our trip which was great, since the scale hadn't move for any of us in a long time. But we took the good habits that your program had started with us and used them on the trip. We ate really well and were very active. I am happy to report that I didn't gain any of the weight loss back on that vacation. And your business is aptly named because the momentum your program created has kept going for me in the year plus since that trip.

Your program got me off the sugar rollercoaster and I learned I need to eat more protein. Those things have stuck with me. And along with staying active, I have continued to lose weight over the past year and I have lost over 20lbs.

Thank you for showing me what can be done!


Holly Neumann