

Before

Weight 140.2, shoulders 38.25, waist 30, hips 38.25

After

Weight 132, shoulders 37.25, waist 29, hips 36.25

I was always the thin girl in high school, no more than 100 lbs soaking wet. I started weight training to avoid "girls" gym, and had continued training off and on since then. I started initially gaining weight when I started working nights at a pharmaceutical plant. When I took a desk job as a head nurse, that's when I started gaining weight even more. It was gradual, but enough that it started to bother me. It just continued up until I had my son. It got to the point that I hated taking pictures. I mentioned in my blog that I tried many different programs. I couldn't understand why I wasn't dropping weight when I was exercising 5 - 6 days each week. When I found Venus and ESE it was like a light bulb went off. No one ever said, "Tina, you're eating too much." Calories are king!! How come no one ever said this to me before? ESE, AGD and RTD have been phenomenal for my eating habits. After being stuck at a plateau for the first half of this year I got mad and decided to really dig in. I was concerned seeing such low numbers from RTD at the beginning of this contest but the weight and inches just started to melt off. I was sold once again! I concentrated on one day at a time, planning each week as it came. I admit, I got distracted the last two weeks, but I know I have the tools to get me through the holidays and into 2013! I can see the thin girl starting to look back at me in the mirror! Venus Lifer, Tina L Roman