

## VT4 Essay – Alicia Spilde

VT4 has been a life-changing experience for me. For one, I actually FINISHED something. I have started countless 12-week programs and have never finished one. I entered VT3, but quit 2 weeks in. For some reason, November 30, 2011 I decided to quit with the excuses and just GET IT DONE. So I was very excited for VT4 to start. I was well into my routine of workouts/diet when VT4 started, so I just did the work and got results. My weight did not change a lot, nor did inches because I didn't have that far to go, but my body changed. I have muscle tone and shape that I have never had before. I weigh less than I did in high school!

One of the biggest motivations for me is being a good example for my son. I don't want him to see his mom struggle with eating issues and poor self-esteem. I want to have that handled. I am well on my way there. I had also been struggling with the decision of having another child. I was not feeling excited about going for number two, as a matter of fact, I was using the excuse that "oh I can eat this because I'm just going to be pregnant again and ruin my body," as an excuse to not eat well or exercise. When I decided what I want, which is one child, I felt like I had my life back. I had a brighter outlook on life because I knew I wasn't going to be just a Mom. I am a woman with interests and passion who also happens to be a great mother.

The next greatest motivation was the community and the close friendships I formed. There were some girls that I emailed every single day. During this process I was being constantly challenged from outside factors, and I had the support of the other women to keep going.

Thank you for creating this amazing program. It has changed my life and I could not be happier!!