

Hi, I'm Rhonda, a 52 year-old wife and mother of four. I have always been interested in health and fitness. I grew up working on the family farm and learned early to work hard physically. I enjoyed playing sports through high school; I was always doing something physically challenging. As a young mother, my twenties and thirties were devoted to raising my four boys and, although they kept me moving all the time, I didn't devote a lot of time to my own fitness. In my late thirties, I began going to the gym and incorporating resistance training along with cardio. As I became more consistent with weight training in my forties, I realized that my hard work was paying off and I had developed a leaner, more fit body. I love the way I feel after a good workout, knowing that I've done something good for myself both physically and mentally. What became challenging for me was always having the motivation to work out. Workouts can become boring if you let them. My son, a long time fan of Brad and John, told me about the Venus Index and Eat, Stop, Eat. I knew immediately that I wanted to take on this challenge. I needed a fresh and new workout plan; Venus Index gave me a new focus and motivation with a goal of seeing measurable results in twelve weeks! I've also enjoyed not having to "plan" my own workouts, but to be able to just do what someone else with a lot of knowledge planned for me. It's been great!