

My VI experience started when my boyfriend, whom is an AI program user introduced me the idea of body index. It seemed logical for a person who is an engineer all do I didn't use to believe that body building is for girls...so I got the program. I was out of shape and I started the VI program to get back in shape, to be fit and toned. I thought it would be hard. Especially after the first workout...when I couldn't do a pushup ..after a while, the workouts started to feel really good.

The dieting part was always a problem for me being a person who enjoys food. After about one month of training I got a job assignment in another city. That's when the problems started...I didn't find a gym, so I was working out with some dumbbells I had and jogging ...And beside...the new assignment implied to go out with the customers to dinner ...every night....The hardest part of all the contest was the last week...because being the week before Easter I afforded to fast all week...no customers...no food.:)

All in all it was a very good experience for me.

Now I know I can push my limits much more than I ever thought I could...and ... I can do pushups 😊.

Thank you guys for the work and dedication you put into this and I can tell you honestly I think is a program I will use for a long time from now on.

Keep up the good job...and... Stay cool ;)

Ioana.