

# My VI journey

How I lived, laughed and what I LOVE

I started VI a little over a year ago. I was around 168 lbs, a size 12 and pushing the edge of “average” and looking dumpy square in the eye. I suffered from undiagnosed digestive issues, I regularly paid for bootcamp classes, I did one or two spin classes a week and walked my dogs. Even though I wasn’t falling into the “Obese” category, I was getting close. (I have pics from when I started VI, FYI). 12 weeks ago when I started VT4, I was around 151 lbs, size 10’s were getting big on me, and I was sitting decidedly in the “average” category. I was doing bootcamps still, spinning still and doing yoga and walking my dogs. I hoped that during this 12 week contest I would move on down the Bell Curve and go from “average” to something BETTER. At the End of VT4, 12 short weeks later, I am 138 lbs, a size 6 and definitely moving off the “Average” category into the “I look good” category. I did 3 VI workouts a week, followed AGD, did yoga and walked my doggies.

That is how I lived. And oh did I ever laugh. I laughed at me, I made other people laugh and I laughed at other people’s flavor of silly. I found a core group of ladies on the forums that I will call MINE forever. NO issue was too silly. No question was too stupid. No topic was off limits. And in some cases, no information was too much. They leaned on me, I leaned on them, and we made real lasting friendships.

I love that VI and this contest is NOT the end of my journey. I can go as far forward as I want to go. 10 more pounds, 15 more pounds, or all the way.. To “shut the front door”. It is up to me. I love that I can trust the system. I know that the system will continue to help me get as far down the road as I chose to go. All I need to do is sensible eating whatever I want within a calorie range, continue to do workouts that focus on the proportionate VI shape, and make sure to pay attention to the updates and improvements to help us get there and STAY there. And... I really loved doing my pictures at the end of 12 weeks. They may not be the best pictures in the world, but to me :) they are priceless because it was so much fun doing them.

I lived the VI way for 12 weeks, I laughed a whole lot and had fun, and I love the way I look now. I bet that I will love what I look like next contest too! I lived, laughed and loved my way through the VT4 journey and I thank you for making it possible.