

7 short months ago, I was sick of rebounding again after all the effort I had put into losing weight, AGAIN, in 2011.

You see, in January of 2011, I was at one of my highest weights in my life, 185.

I worked really hard to diet and work out through May of 2011 and got down to 148 which is the slimmest I can remember being in my teens. By February 2012, my weight had crept up again to 165.

I have struggled with weight since I can remember even knowing what weight is, probably around 3rd grade.

I was DONE yoyo'ing. I needed something that worked but was maintainable. I was at the gym 5 days a week and taught classes there!

I watched what I ate. Why did I not look like it? People should have been able to look at me and think, wow she works out!

What SHOULD someone look like that works out most of the week and eats right? Surely, SOMEONE had some sort of measurement for me at 5'9"?

So I set out searching on the internet... what celebrities are 5'9"? What do they weigh? Maybe fitness competitors, they look good.

During the search I came across VI.

Finally!

Someone put a number to my height. And it was NOT weight!

What?

That is brilliant, using Fibonacci's golden ratio for aesthetics!

Well, I liked it when I saw it. But I already paid for a gym membership. I was not going to spend MORE money.

Maybe I can listen to the podcasts and figure out what this is all about and just copy the idea in the gym.... Well, I listened to the ENTIRE archive during the next few weeks. All that did was convince me that this was going to work and I set my sights on the next contest which was not until May.

I started IF until then and managed to drop 10 lbs before the contest started. Then I hopped on board. At VI, I found a supportive community of Venuses who really care and help you. I even made texting buddies to help keep me accountable. I stumbled forward, as we say. And it worked, I am committed to this program FOR LIFE!

~Liss