

In May 2011, I looked down at my newly-purchased scale and saw a frightening number staring back at me: 240 lbs. I had been a yo-yo dieter since high school, with many more ups than downs on the scale, but the shock that number sent through my system was the impetus I needed to commit to working towards being the best me that I can possibly be. I took the requisite sports bra photo despite how painful it was, which turned out to be a big motivator. Thus began my most recent – and by FAR most successful – weight loss “journey”. And what a journey it has been. It took me quite some time to find VI. I joined the Venus Community last November, when I downloaded ESE. I popped into the forum, but only glanced around to see what it was all about. I saw a lot of talk about a contest (I believe VT3 was ending at that time), then just kind of shrugged and went on my way. This was month 6 of my journey; I had been losing pretty consistently simply by tracking my calories on [livestrong.com](http://livestrong.com) and exercising. I had used the Couch-to-5K program and worked my way up from not being able to run for a full minute to running a 5K. I did a bit of strength training, mostly DVD workouts and kettlebells. I gave up my 4-5 diet sodas a day (yuck!) and gradually began eating better (though no food is officially “off limits” to me now, of course). I also started constantly reading about nutrition and fitness – truth is, I was terrified of getting stuck on a plateau. In the course of my research, I found ESE and it became one of the tools I used to avoid the dreaded p-word. However, I struggled when 2012 rolled around. ESE fell by the way side over the holidays, and then in January I decided to do a very strict detox. I lost 10 pounds in 21 days, but gained it all back when I started adding back in the restricted foods. I spent the next couple of months being angry with myself for trying something so extreme, denying myself of my favorite

foods (no cheese, no chocolate???), all for naught. After some reaction binging, I slowly regained balance and the weight loss eventually kicked back in. At the end of April 2012, I ran my first official 5K. It was a very proud moment, but I immediately realized I needed to do something different from running; my weight loss had slowed to a crawl in April. And looking at the way I was spending my exercise time, that month was all about running, i.e., steady-state cardio. I realized I needed to start incorporating more weight training, that all-important fat-loss factor I had totally slacked on while prepping for the 5K. It was about this time that Brad Pilon released an updated version of ESE, which in turn reminded me of something (thanks, BP)...what WERE those Venus Index "systems" anyway? When I visited the VI Community this time, VT4 was wrapping up. I dug around a little more deeply and saw all these beautiful women with AMAZING before/after pics, so I decided that I was going to be one of them. I bought VI Phase 1 that day and it was one of the best decisions I've made. Talk about recomp – I'm starting to see muscles I didn't even know I had! After a couple of months on the program, I realized that this was working so well I just had to buy Immersion so that I would always have access to every nook and cranny of VI. I have completed Phase 1 and am now playing around with the circuits and specializations. At the end of 12 weeks of VI workouts and ESE-style fasts, I have lost over 20 pounds (almost 100 total pounds since May 2011) and over 3 inches off my waist. I have no intention of stopping and will continue to work towards my VI ideal measurements. VI serves my need for a program that has both consistency and variation, something you can play with. Because I've realized that's what healthy bodies and minds need and crave - FREEDOM: freedom to eat, to not eat, to lift heavy one day and do a

metabolic circuit the next. And, to me, VI means freedom from ever being the "fat girl" again. Big thanks to JB and the two Brads, and thanks especially to my Venus sisters for your unwavering support!