

My 2010 commitment - Join me.

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The 2009 holiday season was typically busy and regretfully I got off course with my diet and weight goals. I caught a cold over the holidays and self medicated with all the comfort food I could find. Along with the holiday fare I can honestly say I am now pleasingly plump. My clothes are not happy with my additional weight and the mirror is rather disturbed with me as well.

Going forward, I am taking this time to get my act together for the Spring and Summer. My team and I will change our junk food habits, lose weight and stretch our limbs and exercise.

Teamwork and accountability go hand in hand. Therefore, I will surround myself with a small group of likeminded people, teach what I know first hand about Ardyss products and practice what I'll preach.

Within 60 days my group and I will be leaner, healthier, and well educated about nutrition.

Whole foods and nutrients is what our bodies really crave.

A positive self image and a healthy relationship with food is what our bodies want to portray.