

Introducing Me- Jennifer, Beach Body Coach

Yup, I decided to become a beach body coach. I thought long and hard about it and decided to jump in with two feet.

I might not be the most fit person out there but I plan on working my hardest at these programs and helping others while doing so!

I've been overweight for more than half of my life. Always dieting, trying to exercise, and trying the next big thing to lose weight. I was made fun of growing up and I will never forget it. I remember the names of people who made fun of me and I remember how much it hurt me. Kids can be so cruel and I hope my babies won't ever have to deal with something like that. I hope I am teaching my babies to eat healthy and get active and that its fun. Its fun being outdoors and take family walks. It is fun walking while watching babies ride their bikes. You don't have to workout hardcore to see results. Just get moving and teach your kids to get moving too.

After having three kids in 2 years it was a little hard getting the weight off. I am still working on it, to be honest. I started out at 151 last January. That January I decided I wanted to be healthy. I wanted to be in all of the pictures with my babies no matter what. I quit drinking diet drinks, I started eating healthy instead of *dieting*, I started drinking a LOT of water and I got moving. Today I am 130. I would really like to get down about 10 more lbs but I would be fine where I am if the 21 Day Fix helps me tone up. I know it will. I have done the first week of the program and can already tell a difference. Plus I am very sore, so I know something is working. Oh yeah, I chose the 21 day fix program to start out with. I love this program. Its so easy and fits

right in to my life. You use color coded Tupperware everyday to portion out each meal. And Shakeology? It is so yummy! I have heard of a lot of people not liking it but I love it. I drink it for lunch most days around 12 and am not hungry again until dinner time. It also gives me energy, which all of us mommas need!!

I know this program will help me and my new healthy lifestyle. It will help me get in shape and stay in shape. I am not saying I won't cheat every now and then because come on... I mentioned I was overweight before, didn't I? I have to have some of that good food every now and then. Maybe I will only do that in between every 21 days! Maybe I won't at all. Who knows! I have been very dedicated since starting so I am hoping to see major changes soon.

If you want to start your beach body program email me! Or you can visit these sites for more information:

Information on [Shakeology](#)

Information on [Beach Body and the programs](#)

Like I said, if you have any questions or want information on becoming a coach yourself just email me!

