

Mobil Fit & Wellness
P.O. Box 152
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To Whom It May Concern:

My name is Glenda Allen and I tested with Mobil Fit and Wellness on August 25, 2009. Here is my story.

I basically had an “intervention” by my daughter the day that I tested with you. I really did not know what was being done to me by you but I went along with it. After I got the results I was quite shocked. I went home with my report and looked in the mirror and faced myself for the first time. I have been over weight and struggling with it for 18 years. I knew that I had to do something immediately if I wanted any kind of quality life. I am 55 years old.

I got a personal trainer and the first thing she said to me was to keep a journal and track everything that went into my mouth. So began the awareness that you spoke about in your report. I found a free diet tracker on line and basically used the first one I found. I have never looked at calories in my life. I got very twisted in my thinking because I tried to do Atkins and the thinking there is very wrong. Then I tried to do Weight Watchers and I still did not really know what I was putting in my body. I actually was shocked that vegetables had calories. In Weight Watchers vegetables are 0 points or free. I have been on an amazing adventure of discovering what is really in food.

I know that your test seared in my brain some real facts about what was going on with my body. I truly believed and received the information that you gave me. I was so excited to stay within the calorie targets. It was almost like a math problem. If you do this the result is guaranteed. I love it! At first I was more worried about staying within the calorie range. Then after I got used to that I started looking at the other nutrients in the food I was consuming. This particular diet tracker gives the protein, carbs, sodium, fats, fiber, vitamins and iron for every food and a target range for me to achieve.

As a result of this awareness I now have some real knowledge about what I eat and how it affects me. I no longer ever salt my food. There is salt in almost everything! I keep my portion control regulated. I eat every two hours to keep my metabolism up. And I budget my calories for the entire day. I never miss my snack or any meal for that matter and I drink water all day long. You were so right about being aware. It is truly one of the answers to healthy living. I no longer have sugar cravings either and my energy is amazing.

After I got the eating sorted out I started working out! I really didn't work out much at the beginning and I was still losing weight. Then my weight loss really slowed down and my personal trainer really kicked in. I know that one has to do both for long term success and health. You have to work out.

I really believe in what you do. The testing took the guess work out of my life. You gave me a plan and I am sticking to it! I love being this way. I look forward to reaching my goal. In the meantime I am enjoying the ride. I feel so smart!!!!

In these last two months I have lost approximately 27 pounds. Thank you for this opportunity and gift of hope for a better healthy life.

Sincerely,

Glenda Allen
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