

Strike a Balance Life Designs INC. - Testimonials

Shirlet Earnest was very helpful in showing me ways to take a variety of vegetables that I like and work them into my diet nutritionally. So many times you see diets printed out that have a variety of vegetables or foods that don't appeal to you. That is why many diets fail for people in the first place. It is much more helpful if you can say "O.K., these are the list of vegetables and fruits I like, these are the meats, these are the fish, this is how I usually prepare my chicken etc. Then someone with skills like Shirlet can build on that and add different spices or herbs that will slightly change the taste for variety so you don't get bored with your foods, but will stick with your plan. She can suggest ways that you can prepare your food differently that will taste good, but still be healthy.

She also showed me how important it was to choose **fresh** vegetables and fruits when available for fiber and for vitamin value.

She walked with me through the vegetable aisle at a local grocery and showed me the different fresh herbs that are now readily available. She shared which ones go with which foods and how to store them for freshness. When you usually don't eat very healthy it is so much easier to just bypass this whole area. It was very enlightening to be educated in this area.

I also joined a local gym and do a combination of 30 minutes on the treadmill daily and 3x weekly of strength training and I feel much better. I needed the discipline of joining and paying for the gym. When it was just on my own, I didn't do it. I had access at my medical center to equipment and I live in the country with space to walk safely.

The most important factor before I started listening to Shirlet talk with me about all of this? She originally had almost 30 pounds to lose herself! She worked to educate herself and using exercise, education and discipline lost her own weight and constantly works to maintain that weight loss. Weight loss is a way of life. It is not a one-time deal. This is something she taught me, as I have worked with her for several years and have watched her work to maintain that weight loss. Like life, marriage and anything else in this world, it is work, but it is worth it in the end, because it means your health. Without your health, well, life really is a struggle.

Sincerely,
Monica Haubenstricker
(Lost 20 lbs and still working at it)

Strike a Balance Life Designs INC. - Testimonials

