

My Lifestyle Change

January 14th 2015 To January 14th 2016
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Christmas day 2014 and it was a few days after I decided to make a life style change.

My weight was 305 lbs with no energy to do anything.

It was around Christmas 2014 when I decided to make a lifestyle change, because I had to do something.

Over the years I've been on many diet programs and lost weight, but when the program ended I gained it all back and usually a little more.

So a diet was not the answer, but I had to do something so I decided to make a life style change, something I can do for the rest of my life.

I take Cardio For Life from The Health Guardian every day and have done so for several years. It was time to reorder and while on the website I saw they had a few new weight loss products, so I ordered two bottles of Trim to give it a try.



Jan 14th 2015 and my lifestyle change started that day.

My order arrived on Jan 13th 2015 and my lifestyle change started on January 14th 2015

First I needed to determine my desired weight and for my age at 66 years and height at 5' 9" I thought 220 lbs would be ok.

Just so you know, I didn't make this life style change to sell a product so I didn't take before and after pictures. This change was for me, to make my life better and with determination on January 14th 2015 I set out to change my life.

It wasn't easy and I had many challenges with a heart condition being one of them which meant I couldn't do exercises like most people do to lose weight. I had to do something else.



November 2015

I reached my desired weight by the end of November 2015 and I wanted to write something to show The Health Guardian my appreciation.

However, as this is a lifestyle change I wanted to make sure I can maintain my new weight. So I talked with Dr. Harry and asked if continued using "Trim" would it be harmful and he said, no because it is all natural and considered food.

So here I am with a lot more energy and I have even started an exercise program.



The next picture is January 14th 2016 one year to the date when I started and my weight is at 215 with a 90 lb drop.

Frederick K. Vokey

