



I am a 43 year old mother of three young and active children. As with most parents, I put myself at the bottom of the list as I try to be the best mother that I can be. The last year has been a very difficult one, which resulted in me gaining more weight than ever and feeling terrible about myself. As I tipped the scale at 170 lbs. I had little hope left of ever being thin again. However, over the summer I decided that enough was enough. I was going to start taking care of myself.

The first thing I decided to do was lose some weight. I've tried so many different diets and workout programs – none of which worked. So I was sitting there trying to figure out what to do when by chance I saw a post on Facebook from a friend about an upcoming UBC program. I had heard about the program from another friend and decided immediately that this was exactly what I needed!

UBC for me, has been such a positive experience. The program was so technically simple to learn. It was incredibly fun and easy to do and I honestly looked forward to every workout. In 10 weeks, I missed only one day (because I was out of town). I have never been so committed to a workout program before!

When I consider why I was so committed the first thing that comes to my mind is “RESULTS”! From the very beginning I felt that things were changing for me – both physically and mentally. Of course I was looking for physical results, and boy did I get them! 18 lbs. lighter and 8 inches gone from my belly – absolutely amazing! I can't even describe how I feel when I get dressed – I have to cinch up my belt more and clothing sort of just hangs on me now! I am super excited to buy a smaller wardrobe!

But even more impacting are the results that you can't really see. I walk a little taller and for the first time in a very long time, I feel beautiful and sexy. I'm not seeking approval from others, but am giving it to myself. This is because in addition to physical strength, I have also gained mental strength and a resolve to better myself.

I am so grateful for the UBC program and for what it has given me – my health. I have already enrolled for the next UBC in January because I can't wait to see what I can do next! Thank you from the bottom of my heart for bringing UBC to me. This is truly a one of a kind program that really works.
– **Marcy Nielson, UBC Calgary, Canada**

FITNESS STATS for 10 WEEKS

Lost 18 lbs.

Lost 8 inches off waist

Lost 5% Body Fat

Sit Ups went from 17 to 30
(Poor to Excellent rating on Fitness Chart)

Push Ups went from 18 to 48
(Good to Superior rating on Fitness Chart)

Gained 7.5 inches in Sit & Reach Flexibility
(Poor to Superior rating on Fitness Chart)



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