



Hi, my name is Jackie and I came to Janice in February 2009 to have her diet me down for a May 2009 Figure Competition. My initial visit was the 2nd of February and after taking my measurements and skin fold caliper readings, my body fat was determined to be 15.5%. She prescribed a diet for me consisting of 6-7 meals per day. I trained with weights daily, did very little cardio, if any at all, followed her plan religiously, and within 6 weeks my body fat had dropped to 10.9%. I was not hungry during the dieting phase, because every couple of hours I was eating something. I was so ahead of schedule that we decided I would be ready to compete in March 2009 at the Vancouver Natural Competitions, in which I placed 4th in 5'2-5'4" Open Class.

I recommend Janice because she will meet with you regularly, monitor your bodyfat progress, make sure you are feeling okay on your diet, and make adjustments as necessary. She cares about your success!

