

Final Blog

Weight 71.5kg, Waist 90cm

I have started my weight loss journey with ULTRAslim and lost 13.1kg and 16cm off my waist thanks to ULTRAslim. I now have the confidence to continue and lose a few more unwanted kilos.

I am exercising 6 days a week, eating a large variety of healthy food along with the great tasting ULTRAslim shakes.

I would not have been able to do it without the support of my husband, Ross. Ross has taken more on board to free up my schedule so I can exercise early in the morning. He has helped cook some delicious stir fries and offered the occasional compliment, thanks darl. My children Benjamin, Thomas & Rebecca have also played a big part in my journey with their never-ending energy. They love to exercise with me on bike rides, play soccer in the backyard, and working out in the gym. I'm looking forward to swimming with them in the surf this summer. I love you. Thanks to my Mum & Dad who have supported and believed in me throughout my weight loss journey and for taking the before photo of me. To my friends who supported, believed and exercised with me, I thank you.

I am very grateful to ULTRAslim for this opportunity and the extra support Kathleen has given me to lose the weight and change my habits. It's amazing what losing weight has done for my health. I'm feeling excited about living life to the fullest. I plan to stay on the ULTRAslim weight loss program until I reach my goal weight. I will then go on the Healthy Eating Plan – Weight Maintenance. ULTRAslim products have become my lifestyle weight loss partner - a great way of maintaining my weight loss.

Thanks ULTRAslim,

Michelle