

Well this week I am definitely back on track, I suppose we all have our bad weeks and before ULTRAslim I would have just given up and gone back to my bad habits of not caring and I would have believed I have blown the diet now, so I would have just given up.

That was then, but this is now.

I am definitely back on track. I get up early every morning to go walking, jogging, and sprinting. I have totally jumped back into it and I really do enjoy it. I have never believed in myself enough to think that I could jog, and in just a few weeks here I am jogging and totally addicted. Instead of being addicted to the bad things in life, I feel I've turned my life around and am addicted to exercise, healthy eating and of course ULTRAslim.

This week has been another busy week at work, with new challenges and new goals set for me. I approach work in the same way I now approach weight-loss. I work hard, give it my all, and enjoy the benefits. The company I work for make fresh dips and one of them being hommus. So after reading the ULTRAslim tin and seeing having the crackers and hommus for afternoon tea is part of the diet, I now enjoy this healthy snack regularly. I'm on track to reach my next mini goal next week...