

This week began with a great game of soccer with my children. I exercised in my gym and ate some fresh and tasty food and of course drank my scrumptious ULTRAslim shake.

I look forward to my lunch which I prepare each morning; it usually consists of a salad creation I've made or sometimes I just have a sandwich which is a nice alternative. I have started to really appreciate my body and what I eat. Even though I am enjoying this journey, I never want to mistreat my body again or lapse into becoming overweight, self conscious and unmotivated with low self esteem.

The last 2 days I've been sick with the flu, which is a hiccup I don't want to deal with but these challenges come up now and again, the only thing I haven't been able to do is exercise.