Elizabeth,

Thank you so much for the 12 weeks we worked together.

I can't tell you enough what your program has done for my mentally, emotionally, and of course - physically.

You were right - it kicked my butt, and I loved every minute of it.

You worked with me and my limited access to equipment on the days I traveled, just as you reminded me to give my body rest when it needed it. All around, you were a compassionate yet fully encouraging voice for me in times I needed it most. We as women are so hard on ourselves- and your program has touched me in such a profound way.

A little back story:

My parents are both Army veterans, who following my father's retirement, started their own bootcamp fitness business. Needless to say, I grew up in fitness, in nutrition, and developed discipline from a very young age. But what I did not develop, was confidence surrounding my body, nor comfort when it came to food.

When I hit puberty in high school, I went from being a stick, to developing curves. Having read nothing but style magazines, and being absolutely enthralled in high fashion - I idealized a very (often unhealthy-looking) skinny body image, often resulting in me hating my body. I remember doing extreme, hormonal, diets with my mom in high school which limited my calorie intake. I could tell my mom would struggle with her view of her body sometimes, and while I know she didn't mean to, it impacted mine. Also, when your father is the fitness trainer and judge for the Dallas Cowboys Cheerleaders - you definitely grow up thinking you *should* look a certain way.

College flew by, and I was still struggling constantly to manage my weight- when in reality, it was the VIEW of myself I couldn’t seem to be content in. I'd run long distance for a time, I'd do track workouts, I'd do anything I could think of, all the while, limiting my food. I was SCARED of food. Scared of gaining weight from anything I would eat. There was a certain time in my life that I wouldn't even look at photos of myself, because all I saw were the flaws and things I wanted to change.

Flash forward to two years ago - when I approached an "all or nothing" mentality with fitness. I did **everything**. Muay thai, long distance, sprints, HIIT, lifting...and yet, wasn't giving my body the food it **needed to survive.** I didn't know it then- but I was literally starving myself. All the while, getting more and more frustrated I didn't look a certain way! LOL but how's my body supposed to thrive when I'm not feeding it?! I was running off of 1,500 calories or LESS, and wondering why I still didn’t have abs or killin physique.. I was MISERABLE.

And then I saw how kickass you were - and read your story. I liked that you had basically, like most people seeking to change their bodies, tried everything, too. You overcame an eating disorder, and until just this past year, I hadn't even been giving my anxiety around food a name.... but it was just that: an eating disorder, and a bit of body dysmorphia.

You, Elizabeth, challenged EVERYTHING about what I thought I knew.

Everything was completely opposite from what I'd been hearing my whole life surrounding food, ESPECIALLY when it comes to carbs. I remember when you gave me those first macros, and then the second and third set and me thinking "geez is she trying to turn me into a cow?!" But it's INSANE because it WORKS. Our bodies thrive on carbohydrates, and for once in my dang life - I was giving it what it needed. I am no longer afraid of carbs- but am like "bring 'em on! I got a few macros to fill!" LOL! And when I want something sweet or "unhealthy", I model the 80/20 rule. Heck, even the 90/10 rule haha! I feel SO good in my skin. SO confident, and strong. My dad, who's a fitness trainer, said "okay let's see who can have the best abs by September!!" My *older* sister told me that she is inspired by ME! That she wants to be strong like *me*!! And my badass of a mother, who had abs when I was in high school, asked ME what my meal plan was.

I say all of this to point out - that you never know who you're going to inspire. I have had more conversations with girlfriends about fitness than ever. I realize that we as women carry so much pressure... and it is HEARTBREAKING how we see ourselves sometimes. Because of you, I have become my own advocate for appreciating ourselves and our bodies. To FEEDING ourselves, and listening to ourselves. I look in the mirror, even on "off" days, THANKFUL, and COMPASSIONATE. I have never done that before.

Thank you, Elizabeth. You have helped transform me way beyond physically... but spiritually and mentally. You're a true gem, and I am so lucky to have the honor of working with you. Love you to the moon!

-Sydnie