

RAW GET FIT -Utvärdering

Mätning:

- Start vikt: 114,5
- Slut vikt: 107

- Bicep: -1,5 cm
- Bröst: -9 cm
- Mage: -10 cm
- Höft: -12,5 cm
- Lår: +2,5 cm
- Vad: -1 cm

Every aspect of my life has been better due to this 8 week program! Life can get crazy and extremely busy sometimes since both my wife and I work full time and have 3 kids. Sometimes I, as I think most people in the same situation do, forget about myself! André and his RAW GET FIT program helped me balance my life and get back on track to healthiness. Which in turn has made not only me, but my whole family better and more active.

The RAW GET FIT program is even more than I was expecting! André's knowledge and expertise and his careful

progressive design to ease into the program really helped me succeed. I mean if I started week 1 with the week 3 workout I probably wouldn't have showed up for day 2!! But I did and today I'm a better person for it. My mobility is back to where it was 10 to 12 years ago. I'm stronger than I've been in close to 20 years. My health, which is the most important of all, is incredibly better than it was just 8 weeks ago! With the combination of diet (which was given to me when I started) and exercise I feel 10 years younger and I'm overwhelmed with how well my body and mind are. Every day aches and pains are gone and the stiffness that I felt in my whole body is gone. When I wake up in the morning is definitely the biggest difference. No more back pain! Speaking of waking up. The absolute biggest change in my life over the last 2 months is SLEEP!!!! I now sleep much better and longer. Before I started the RAW GET FIT program I slept horribly and most nights only 4 1/2 - 5 hours a night. Now I sleep at least 7 and most nights 8 hours! Even if I need to get up at 3 in the morning to go to work I'm in bed at 8 P.M. the night before. I just go to bed with the kids. SLEEP, SLEEP, SLEEP, wonderful SLEEP!

The diet that André laid out for me was strict but very easy to follow! I never really crave sugar, maybe because of all the berries and fruit I can eat on a daily basis. The hardest part of the diet, which might sound weird to people who want to lose weight, is trying to get all the food in everyday. It's a lot of food but not a lot of calories. I learned that a calorie is not a calorie! The right food, for example gröt and eggs, are very filling and keep you from overeating. Seriously, breakfast is sometimes very hard to eat all of the food. But I think the most important part of my diet is WATER! I drink a ton of water and on the occasional day that I don't drink enough water my body lets me know it that evening.

The training itself is something totally new for me. It is, to sum it up in a word, FUN! Exhausting, but fun. The feeling after a workout is amazing. I go from total exhaustion and feeling sometimes like I'm going to puke to an euphoric state. But the best thing is that I feel even better mentally than I do physically. Like a stated before, André customized a diet and workout specifically for me! I'm pretty sure everyone on the program does the powerwalks, which are very fulfilling for the both my mind and body, but the actual strength exercises are exactly what I need. He knows me better than I know myself. He knows when to push and when to cut back! I'm stronger and lot more agile than I've been for many many years! The best part of the workout is André knowledge and understanding of my strengths and weaknesses. It helped me very much that he speaks and understands English superbly. And that he doesn't take it personally when I swear and curse at him. He just smiles and laughs! To

sum up the exercise program as best I can I'll leave you with these words that I heard 1000's of times over the last 8 weeks. CHEST OUT, BACK STRAIGHT, and CORE TIGHT! Oh yeah, I forgot to mention that André likes to train LEGS! SQUATS, SQUATS, SQUATS, and more SQUATS!!!!

Like I mentioned before every aspect of my life is better today than it was just 8 weeks ago, but I would definitely say that my overall attitude and patience are what have changed for the better due to the RAW GET FIT program. Life is good!

I do and have highly recommended this program for everyone that wants to get started or in my case to get back on track! It's much more than just an exercise program. It's a life changing, get better, get healthier program! The RAW GET FIT program was just the kick start I needed, but I hope that for those of you are reading this see that it is in the present form and not the past tense. That's because even though I've completed the RAW GET FIT program I'm just getting started at RAW! Thank you André, I'm more satisfied and happy than words can describe. Like I told you before, I'm glad I came into your gym that Wednesday afternoon in February! I will be hiring you again in the future to kick me in the ass again and suck some more knowledge out of you! It's been a blast!

Neil