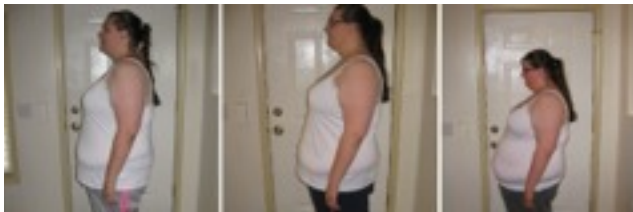




Core Identity

Make one good choice today...
We'll help you make another tomorrow.



My name is Jenèa. I'm 25 years old and when I started this journey I weighed 326 lbs. I've been obese my entire life and because of my weight I was really living a limited or half life. I really didn't have many friends and I didn't get out of the house much. I instead lived a very sedentary life style both at home and at work. I ate whatever I wanted, whenever I wanted, and it was killing me. I was diagnosed with diabetes in 2012 and it had steadily been getting worse as time wore on. I gave up on the things I used to enjoy like horseback riding, roller coasters, swimming in public, and traveling. I even had a hard time just bending over to tie my shoes.

On April 2nd, 2013 I made a decision to change my lifestyle. I threw out all of the food in the refrigerator that I wasn't supposed to eat and reduced my calories drastically. I also purchased a gym membership. I had never worked out before, other than maybe a yoga class and some walking on the treadmill, so I really had no idea what I was doing so I started looking for help. In May of 2013 I was introduced to Core Identity through its CEO Brezza Fantini. That introduction changed my life.

Brezza came into my home and has completely changed the way I look at my life. He's helped me, and my family, to understand the cause and effect of our obesity. I'm able to recognize my triggers for bingeing and subsequently change my behaviors. He's helped our family to grow closer to one another and to treat each other better. My body has changed too. When I started with Core Identity I had no idea how to work out. Weights were a scary thing for me and I had absolutely no clue as to how much weight I could work with. I didn't know how to push myself or how much my body could take before I had to stop because I had never, EVER, worked out before. My brain kept telling me it was time to quit well before my body would. With Core Identity I've been able to recognize my capacity and to really push myself. The



Core Identity

Make one good choice today...
We'll help you make another tomorrow.

results have been astounding and my strength and endurance have increased rapidly. Now I tell myself I can instead of I can't.

The trainers at Core Identity have really taken the time to get to know me and my family. They understand my needs and what drives me, I believe, better than I do. They set goals with me and then do everything they can to make sure I reach them. So far I've lost a total of 50 pounds and they just keep coming off. I know Core Identity will be with me to the finish. The bottom line with them is not about the dollar but about my overall health. Core Identity has changed my life.