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**Before finding us, what was your struggle? What were your biggest frustrations? \***

My biggest struggle was not being consistent. After having my daughter, I would work out and eat right for a couple weeks at a time then just stop. I wanted to be an inspiration for my daughter, so I was looking for some push or motivation. Last year a major life event happened to me which could have set me back much further, but following Health Freaks on social media and their website gave me that extra motivation and push to keep me moving forward. I am still not where I want to be with my fitness and nutrition lifestyle but the tips and tricks I am putting to use has helped keep me moving in the right direction getting more and more results.

**How did your struggle and frustrations affect your life? What did you feel like before you made your transformation? \***

My frustrations were that of any new mom. Not getting the proper rest, and having no energy or motivation to do anything. I felt stuck, didn’t feel like myself, didn’t like how I looked, felt tired, had no energy, and felt like giving up. After a couple months post-partum, I was introduced to Keto Sweet Kreme, which is like candy in a cup! I love my morning coffee even more now with the Kreme. It gives me that extra boost I was looking for to get myself back to feeling like me. Not only do I feel more energized, my mind feels clearer throughout the entire day.

**How did we help you? \***

For the past few months I’ve been using Keto Sweet Kreme as well as Somaderm HGH Gel. These products have made a major impact on a lot of issues I was having including: Better sleep, more energy, improved recovery after workouts, improved stamina/endurance, hair/nails/skin feel and look healthier, and MORE!

Health Freaks genuinely cares about your health and nutrition and aren’t pushy. They help to guide you to learn more about your body than you have known before. Health Freaks have helped coach me with simple and basic lifestyle changes that didn’t break the bank but helped me get back on track!

**How is life different for you now? \***

I’m glad I took a chance with these products, they’ve helped me get through my rut and so much more! Being able to keep up with my toddler, making small changes in my lifestyle to be an inspiration to my daughter as well as my immediate family and being able to trust the process and coaching from Health Freaks helps to ease my mind knowing I am heading in a positive direction with my health. I’m looking forward to see and feel more results and help people along the way by letting them know about Health Freaks!

**Is there anything else you would like to say?**

I hope sharing my story inspires other women my age to not give up, to not accept that they have to be miserable due to hormonal changes or aging. Kevin is truly one of a kind - I promise if you are ready to make a change and you do what he tells you to do, you WILL get results. I am so glad he came into my life when he did and I'm so grateful to be working with him.

**Name (at least first name and last initial) \***

Kelly C.

Results:

(Timespan of results: September 2018 - October 2018)

-Lost over 6lbs.

-Lost 4+ inches off her body.

-She's happy to say "she feels better all around".

-Wants to inspire new moms to not give up!

-Better energy, mood, and mindset!

What does Kelly do?

**Fitness:**

-Chasing toddler around

-Body weight movements

**Nutrition:**

-Cleaner eating

-Better supplementation

-Minimal to any alcohol

-Still enjoys food!

**Supplement links:**

[HGH Gel](https://www.virtualhealthfreaks.com/gelkelly) - https://www.virtualhealthfreaks.com/gelkelly

[Keto Sweet Kreme](https://fitmomkelly.shopketo.com/product/keto-kreme-fft/) - https://fitmomkelly.shopketo.com/product/keto-kreme-fft/

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Health Freaks Point of view:

Kelly finally realized that she wasn't going to be able to do everything that she wanted to in order to get her health and fitness back to where she wanted it to be.  She knows results don't happen overnight and understands that she needs to have the consistency to see those results.  Kelly reached out to health freaks to have a professional point of view and point her in the correct direction.  We spoke and decided that nutrition would be the first thing she would make changes to and if she could find extra time to do some movement she would keep it basic.  Continuing to make changes and adding in a couple of supplement recommendations, Kelly is becoming more motivated from the changes she is seeing in her body and how much different it is feeling in a positive way!​​

**Words of wisdom:**

-Results will take longer than you want so don't get frustrated and keep moving forward!

-Get out of the mindset of trying to do everything all at once because it will cause too much stress to your body and mind.

-Piece by piece reframe what you want your lifestyle to be like and master 1-2 things at a time before moving on to something different.