



# Core Identity

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



Hi, I'm Frances and I've struggled with my weight for over four decades. Six months ago I was completely wheelchair bound and weighed over 400 pounds. The only thing I knew how to cook came in a box and the respect my children and family had for me was non-existent. Things are a little different now and it's all thanks to Core Identity.

For as long as I can remember I've been on some diet or other. I'm pretty sure I started on Weight Watchers around the age of ten and it's gone from there. I've done Richard Simmons, HCG, Slim Fast, Special K, and lots of others. I've probably also tried every diet pill ever produced. Nothing has worked and I steadily kept gaining weight.

When I was introduced to Core Identity I was basically barely living. I couldn't walk at all because of my weight and my sedentary lifestyle. I had no muscles in my legs or back to hold me upright. I was desperate for help and decided to try, one last time, to change. Core Identity has provided that.

While I still have my wheelchair I'm not as reliant on it as I once was. I'm no longer stuck in it and while I can't walk for long distances or periods I can get out and walk. That's incredible! Only three short months ago I was unable to walk at all. The trainers at core identity have come into my home and educated my children and I on nutrition and the



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importance of eating healthy as well as the effect it has on our bodies. They have a personalized meal plan for me and my family and they come to my home to demonstrate how to prepare healthy meals. That's right, I'm getting cooking lessons from them! They've even gone so far as to help me set a budget to support my new nutrition goals.

While my family has been resistant to the new change of lifestyle, Core Identity has provided the non-stop support I need-24/7. They have been truly wonderful and have even welcomed me into their homes for one-on-one lessons and encouragement. With the help of the staff at Core Identity I have begun to recognize my own potential and my confidence has grown. I have greater strength in my legs and back and can almost stand up straight. I'm constantly surprised at how far I've come and, without a doubt, I can say it's because of Core Identity. They have literally saved my life.