



Testimonial



Penny Finch
35 pounds lost
32.1 total inches lost
(24.4 inches lost in torso alone)
7.9% in body fat lost

Certified Food Coach: Tiffany "TK" Kinney

When I started this journey two questions came to my mind.

1. What if?
2. What am I going to do?

Let's start with question #2 first J - In June 2018, my daughter made the RHS Dance Team. They have practice ALL THE TIME or at least it seems. We live in Prosser. I was so proud of her, but I have to be honest, my first thought was, "What am I going to do... while she's at practice?" I won't always have time to drive back and forth in between her practice times. So I immediately thought about joining CBRC. It was summertime, and I thought it would be a good place for our son to swim and play – and for me to finally take fitness serious – all the while saving money on gas! From July to August I fell in love with group fitness!! I couldn't get enough of it! Some days I did three classes – mainly because I had the time, waiting on my daughter to finish practice.

But then... usher in question #1... One day I saw a flyer on the wall about "Healthy Habits" and the thought that entered my mind continued to be the fuel I needed for the next 6 months. "What if?" At the age of 47...

What if this was the real answer to healthy eating – instead of all the fad diets I had tried in the past.

What if this really works to where I remove all the yo-yo weight loss I've experienced?

What if I could REALLY transform my body and this was the answer?

What if I really obeyed and followed the plan JUST LIKE IT SAYS?

What if I left no room for excuses?

So... in late August I jumped in with both feet. I never gave up! There were nights I was too tired to meal prep. I prepped anyway. There were mornings I was running too late to pack my prescribed meals – I packed anyway. There were days I got tired of eating and counting the right foods, I counted anyway! Because I kept saying – "what if this is it? What if this is the key that unlocks all my desires?" I keep hearing from people that they do not want someone telling them how to eat to this drastic of a level. That this is not "freedom". I tell ya something... freedom is knowing I can wear just about anything I want to wear and not have to camouflage certain areas of my body. Freedom is knowing I can still find enjoyment in eating the right foods – mainly because I know I'm treating the only body I'll be given the best way possible. What a gift I've given myself!!!

This didn't come without a price. No good thing is free! I did the math. I signed up for 6 months @ \$170/month. I lost 35 pounds! This equaled about \$30/pound. If this could have been found in a pill, from a bottle, I would have bought it in a heartbeat! SO WORTH IT!!!

My whole way of thinking has changed and it's sustainable! Thank you CBRC, Morgan & Tiffany!!!