

Why do I Do THIS ???

I do it for every little girl picked last on the playground...I do it for every girl who didn't get asked to go to the dance because she wasn't as "cute" as her cheerleader peer...I do it for every teenager who's clothes had to be from the ladies department because the cute teenager clothes didn't fit right at all...I do it for every young mother who couldn't find herself inside of the post pregnancy body and wanted to die...I do it for every obese person who can't find light in the dark, who can't tie their shoes, who can't tuck in a shirt-or take stairs...I do it for women with substance addiction, and lack of self-esteem...I do it for women who thought it would be easier to die than to go on being this overweight one more second...I do it for women who can't look in the mirror.....I do it for women who wont get their picture taken...Why do I do this??? I was that girl...that teenager....and that woman...I do this for ME !!!

Love yourself
find who you are inside and fuel the workouts, the nutrition
FUEL YOUR SOUL !