

April 17, 2000

Mark Sullivan  
Personalized Fitness and Nutrition

Mark,

I can't thank you enough for the impact you have had on my life. God must have had a hand in directing my eye to *your* ad in the yellow pages that day back in 1997 when I first decided I needed help in getting my body back in shape.

It has been a lot of ups and downs (both on the scale as well as mentally!), while I fought *against* your method of nutrition. But I have finally come to realize it truly is the best way to not only lose weight, but to feed your body good nutrition for life. There are so many misconceptions out there. For those of us who have lost weight many times, each time following a different program, it is hard to put your trust in yet another method.

The most difficult obstacle for me, was coming to terms with the fact that, at least initially, it required a lot of focus, planning, and effort. All the fad diets try to sell you on their ease, and still being able to have what you want or crave. I remember saying to you early on that I would *not* drastically change my eating habits. All I wanted was to have you help me focus on the exercise part, and that the diet part had to be something I didn't have to really think about. I could not have been more wrong! You calmly kept preaching your infamous line "Eat for Purpose Not Pleasure," but it wasn't until this year that I finally realized the importance of that. With the intensity of a weight and cardio training program, you have to not only eliminate the junk, it is just as important to put the good stuff in!!

Society is constantly telling us to reduce stress or do it the easy way. I wanted to apply that philosophy to my weight loss efforts. However, that philosophy is *exactly* what got my body where it was, out of shape and just plain fat! The areas of my life that where I was exerting some positive personal pressure, like being a great Mom and maintaining a part-time professional career, were the areas where I was excelling! Challenging ourselves is *exactly* what is required if we are to improve ourselves in any facet of life; our bodies are no exception. When I decided to focus on my nutrition and learn just how my body uses food and why it is important to my training program, the weight just started to melt away!

There is hardly a day that goes by now that someone doesn't ask me about my success. I love sharing what I've learned with others because I want everyone to feel as confident and successful as I feel today! While I am very proud of the accomplishments I've made to my body, I'd have to say that I get the *most* satisfaction from knowing I have the mental toughness and strength of character to set a goal, and then to focus and remain consistent toward the pursuit of that goal. There were times that it was tough. There are times when I still stumble. But I'm learning that this is not about perfection, it's about consistency. And more times than not, I'm consistent! It makes me feel like there is nothing that I can't do!

I have already set a new goal, and the neatest part of all is that I have no doubt that I will attain it!! That, Mark, is what I want to thank you for most of all!

Sincerely,  
Linda M. Meuret