

My name is Jordan Yuen. I am 28 years old. I am an occupational therapist. I began focusing on my fitness and living a healthier life style as I was completing my grad school degree in the end of 2016- beginning of 2017. I've worked hard during this fitness journey and I have always tried to reach specific weight loss/fat loss goals. Unfortunately, I've never quite met those goals. Lately, I've been losing my motivation. I have been especially burdened by the hustle and bustle of starting my new career. Working out and dieting were becoming lower and lower on my list of priorities. Thankfully, I was introduced to Pureline Nutrition and their 56-day fitness challenge was the perfect opportunity to rekindle my drive.

During the past 8 weeks, I have been exercising 5-6 days a week, improvement from the 3 days a week that I've been in the gym. I kept track of how much weight I was lifting, so I could steadily and safely progress. Each day I did some form of cardio, mostly 10-15 minutes of HIIT training. The most exciting part of this 8-week journey was continuously seeking ways to increase the challenge to the workout by either increasing the weight, increasing the speed in running/stair climbing, increasing how long I would run. I even began running in the mornings and did two-a-day work outs as an added challenge.

During this challenge, I've also been the most consistent with my diet than I've ever been. I've stuck to a carb cycling diet program, with mostly lean meats, broccoli, and rice. Dieting was the most challenging part of this journey, but I am proud of my dedication to this diet throughout these 8 weeks. There were many times that I needed to overcome potential moments of weakness and I was able to say "no" to the pizza or candy, which is not something I was never able to do.

This challenge not only got me back in the swing of things, it has allowed me to create the lifestyle change that I've been trying to accomplish for the past 2 years. It had provided the perfect chance to establish an environment to create healthy habits. Now, dieting and exercising has become a part of my daily routine. I am grateful to Pureline Nutrition and their periodic check-ins and suggestions of supplements and how to stay on track with my progress. At the end of this experience, I still didn't quite meet those specific weight loss/fat loss goals I had originally established, but instead created a new goal to keep going with this healthy lifestyle and to continue to keep challenging myself. I am beginning to finally be proud of my body. I haven't had this type of self-esteem before, and it's in great part thanks to Pureline Nutrition.