

## Pureline 56 Day Challenge Testimonial – Jorge Guerra

For as long as I can remember, I have tried to stay consistent with a good exercise regimen. However, I have always struggled when it came down to nutrition and eating the proper food for my body. I played football for a long time, and being an offensive lineman required me to stay big and as strong as possible to perform on the football field. Now that my football career is over, I decided I do not want the body of an offensive lineman anymore. I knew I had to change my eating habits for the better, and this 56 day challenge is exactly what I needed to get me started.

It's called a challenge because it challenges you physically and mentally. Everything was challenging, from the tough exercise, finding the time to workout with a busy schedule, and the even tougher diet that comes along with it, preparing the meals and making sure to eat them at the proper time. As an educator and a coach, the hours at work are long and tiring going through an entire day of work and then facilitating extracurricular activities after school, well into the night time hours, most days. Each morning I had to leave home by 5 am for my first workout of the day; there were days where my second and third workouts wouldn't even begin until 9 pm, only to get home exhausted to sleep for a few hours and repeat the process again the next day. It's extremely difficult seeing friends and relatives feasting all around me while I was trying my hardest to reach my goal. I knew that if I indulged with them it could have drastic effects on my outcome. My will power was put to the test every single day. Not giving in to my horrible sweet tooth and staying away from any pastries or sweets that came before me was an everyday struggle. Staying sober was a tough one as well, cutting down the drinking and knowing that my friends were going out having a good time was a sacrifice. It was difficult, but not impossible.

I set a goal, and I set my mind to reach that goal. Over the course of 8 weeks, with a combination of cardio, weight training, and CrossFit, along with my determination and discipline, I surpassed my goal. I dropped almost 20 lbs of pure body fat mass and a total of 5.5% body fat. Even if I don't win the grand prize, I know I am still a winner because I managed not only to reach my goal of losing body fat, but change my lifestyle into a healthier one. I want to give a big thank you to Pureline Nutrition in Mcallen, TX for this opportunity to better myself and to my friends and family that believed in me throughout this process. I also want to finish by saying that **YOU CAN DO ANYTHING YOU SET YOUR MIND TO!**

-Jorge Guerra