



MOXIFIT™

Pick your hard

"I don't want to restrict myself!"

It's a comment we hear all the time. So many people equate losing weight with being restricted.

The question I would need to ask you is, aren't you already?

Are you having a hard time walking up the steps without being winded?

You are restricted.

Can't find clothes you like, nothing looks good on you?

You are restricted.

Are you a slave to going to the doctor, taking and paying for medications, or being uncomfortable in your body?

You are restricted.

Are you sitting on the sidelines while your family & friends are out having fun at theme parks, hiking, sledding or at the beach?

You are restricted.

Are you having a hard time bending over to tie your shoes?

You are restricted.

Do you delete photos of yourself, hide behind others, or refuse to be in them?

You are restricted.

Do you lack the confidence to go on a date or to get that promotion?

You are restricted.

Step back and ask yourself, is eating everything you want worth being restricted in so many other areas of your life? Living a healthy lifestyle is not a restriction; it is freedom from being a slave to your food choices.

**Pick your hard... losing weight is hard or being fat is hard.
Which do you choose?**