

# Better your life

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Change your life with this amazing product

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My name is Christie Miller and this is my 3 month Thrive Experience.

My weight had been creeping up for years, but being overweight was all I knew- so I just accepted it and shopped for larger clothes each season. Do you know how difficult it is to find 4X clothing at retail stores? What really made me notice was when I tried to play on the floor with my nieces and nephew. I was too tired and overweight to play with them like I wanted. I hurt, and I had no energy to do anything about it. I stepped on the scale last June, and got a wake up call. Seeing 314 pounds opened up my eyes and made me realize I needed to change.

My sister, Amy Hinkle asked me if I wanted to try a product called Thrive. I didn't know much about it, but was willing to try anything. She told me it isn't a weight loss program, but instead it would give me energy and relief from joint discomfort so I could start changing. June 22nd I started my journey. I didn't feel a difference right away, but I didn't want to give up. I noticed that I was slowly getting more energy and decided to go for a walk. That first day I only made it around the block one time!

I entered the "Biggest Loser Weightloss Challenge" with Brandi Panson at the end of July. I had 8 weeks to work on becoming a better me. Following the advice from others in the Challenge, I made smarter food choices starting with Diet Coke. I gradually added more exercise, and now I'm walking over a mile everyday!

Winning the contest has encouraged me to keep going. Switching to water and walking everyday has not been easy, but it will be worth it. I'm down many pounds and counting, and can finally enjoy playing with my nieces and nephew! If you're thinking being healthy is impossible--it's not! Join us and start changing your life. You won't regret it!!

