

## **THE CONTINENTAL CHALLENGE ONE STORY OF SUCCESS**



**I am happy to help share my experience and I really appreciate the opportunity to have been a part of it!**

**This is a picture of me and my husband from  
December of 2023 vs November of 2024.**

**I participated in the Continental Challenge in February of 2024**

**When I signed up for the challenge, I really wanted to make a difference in my eating habits. I had struggled with finding the right balance between food intolerance issues and making healthy choices. The challenge helped me to reset, figure out what I could tolerate and redevelop healthy habits. I was able to track my food intake, with the recommended items provided and ensure I was taking in the proper nutrition while losing weight. I have dropped and kept off 40 pounds, removed medications and improved my lab results to where I was 15 years ago! As an added bonus, I've been able to provide healthier meal options and habits to my family who are also feeling the benefits. The format of the program helped me to stay consistent, accountable and disciplined.**

**-Heather Martinez**