

Thank you for inspiring our family.

Through years of competitive figure skating, and a stressful, time consuming career, I was an obsessive compulsive, people pleasing, perfectionist with a negative body image. I was continually searching for control through food restriction, purging, and obsessive daily rituals. Once diagnosed with clinical depression, I knew I needed a change. Unfortunately, my next career move would blind side me with a curve ball I never imagined. Within a year, I completely stopped exercising, began a love affair with Ben, Jerry, and Frito Lay, gained 43 pounds, and developed cancerous cells.

After treatment for the cancerous cells, I began a diet and exercise program. I lost some weight, but I continued to battle my depression, irritability, and fatigue for several more years, until I reconnected with Chris Johnson.

Progressing through On Target Living, Chris began showing me that true control was going to come from creating balance in my life. I began eating high quality whole foods, and created a self care environment by realistically decreasing work time, getting more sleep, and actually writing workout times into my schedule book. I am now 3 years into my On Target Living journey, and while I continue to be a people pleaser, the first person I try to please is myself. I physically and mentally feel the best I have ever felt. I have more energy, the tone of my self talk is more positive, and I feel much more comfortable in my own skin. I now spend my time living a well-balanced life. Oh! I almost forgot, there has been no return of the cancerous cells and I no longer have clinical depression.

An added bonus has been a dramatic improvement in the health of my parents and grandmother. While following the On Target Living plan, they have lost over 130 pounds and decreased the number of prescription medications used. Thank you CJ for inspiring three generations of our family.

Rebecca Klinger