

VeraVia Visits: Remarkable Results

Real People. Real Results.

VeraVia 

Here is the story of Mattie

As a vibrant and active young woman, Mattie had been “on a diet” for as long as she could remember and was not seeing the results she desired from dieting or her fitness efforts. She also struggled with self-limiting beliefs and self-criticism. Embraced by the supportive relationships of family and friends, Mattie wanted to do something to change her life, and made a commitment to a month long stay VeraVia.



Remarkable Results

Upon completing the program, Mattie increased mindfulness skills and recognized her automatic self-limiting beliefs and cognitive distortions that resulted in self-criticism and sabotaged her in the past. By becoming aware of patterns of behavior that resulted in unhealthy weight gain, she is now able to successfully implement her fitness and nutrition tools. Additionally, Mattie had eliminated fruit from her diet at a very young age due to allergy syndrome. By completion of the program, to her delight, she was able to reintroduce and consume fruit with no adverse reactions!

During her stay, Mattie achieved:



Mattie also:

- Reduced fasting insulin by 14%
- Increased strength by 300%
- Reduced blood pressure by 14.3%
- Reduced total cholesterol by 19%
- Empowered and no longer overwhelmed when dining out with friends
- Built a foundation to cultivate and sustain crucial behavioral changes
- Increased self-esteem & body image
- Became an educated, empowered and discerning food shopper

“I feel very lucky to have had the opportunity to take a month to join the VeraVia program and put all of my focus on ME. Prior to coming, I was overweight and truly unhappy with myself and my life. But with the encouragement and support of the VeraVia staff, I was able to achieve my goals of starting to live a happier, healthier lifestyle. There isn't a day that goes by that I don't think of VeraVia, whether while taking a run, cooking a meal, or taking a time out when the stresses of the day begin to get overwhelming, and each time, I am reminded that I am truly blessed to have had this experience.” - Mattie

VeraVia 

Visit veraviafit.com to learn more about how we can help you find and maintain your optimal weight.

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