

"I have not only managed to get back to my pre-baby weight but I also wore a bikini for 1st time in 4 yrs AND felt good about it thanks to Tova! She does a mixture of cardio, strength and toning which hits every spot and trains your mind so it is long lasting."

As a child and teenager I was bullied a lot for being so slim with name chanting (IMO skinny is just as bad as the use of fat after hearing it ringing in my ears for way too long). It affected me so much that I was actually ashamed of my body and weight when others would kill for it. I binge ate what I wanted in the hope that I would put weight on so I wouldn't look like a "matchstick". I was generally unhealthy (eating lots of junk, sweets, food laden with oil among many other unhealthy habits).

Then after children I realized I couldn't do that anymore as the birth weight took longer to lose and I was nearing my 40's so found my body didn't just "bounce" back. I was a steady 52kg before having my first and put on 20kg which was too much personally for me. I never got a chance to properly get back completely to 52kg, nevermind the weight in the picture that I was pre-marriage, because I got pregnant quite quickly with my 2nd. After my 3rd child I felt so lethargic and tired (obviously just after having a baby!) but a big part of that was the eating badly.

Then I continued with my classes with Tova after doing a prenatal bootcamp with her and she opened my eyes to the fact that it doesn't matter how much exercise you do you need to combine it with healthy eating (not dieting, just a sensible approach). **I decided to change my lifestyle, commit to eating consciously and getting fit with Tova in her classes thanks to her amazing motivation and energy.**

Now for first time in what feels like years I feel confident again, after all the hard work and am wearing a bikini after 4 yrs (being slim doesn't necessarily equal feeling cool about wearing a bikini). Yes my belly button might be a bit stretched and saggy (btw I feel it isn't completely flat like in the magazines) but I don't care because I birthed 3 children and now feel in great shape thanks to Tova. I was in shock about how I had achieved a weight **I didn't think was even possible for me** after being stuck in a loop for some years (for my specific build and height), thanks to Tova's approach which also includes a healthy lifestyle.