

52 Week Challenge

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NESTERINE BLAIR

DOWN 24 POUNDS

READ HER
TESTIMONY



www.52WeekChallenge.Fit
Promotion Magazine



MONDAY JAN 2, 2023

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My interview below is with Ms. Nesterine Blair of Blair REALTY & World Financial group. Nesterine consistently has trained 3 days a week with me, rarely missing any sessions for the last year. She is definitely the right choice to kick off our 52 Week Challenge promotion magazine. Here's her testimony:

PJ

How are you doing today?

NESTERINE

Great PJ, great...I didn't work out this morning, so I guess I have today off, lol.

PJ

Lol you deserve it. You've had an amazing year of training. We initially started off at my shop but had to stop due to the pandemic. We picked it back up once I've converted my garage into a training studio. Can you share with us your results?

NESTERINE

I am at the stage of my life where my health is very important, my kids are grown and it's time for me to live my best life but starting off was embarrassingly painful. However, I lost 24 pounds! Many assumed I had surgery

because of how my clothes are now fitting. Some have accused me of getting a BBL, Lol.

PJ

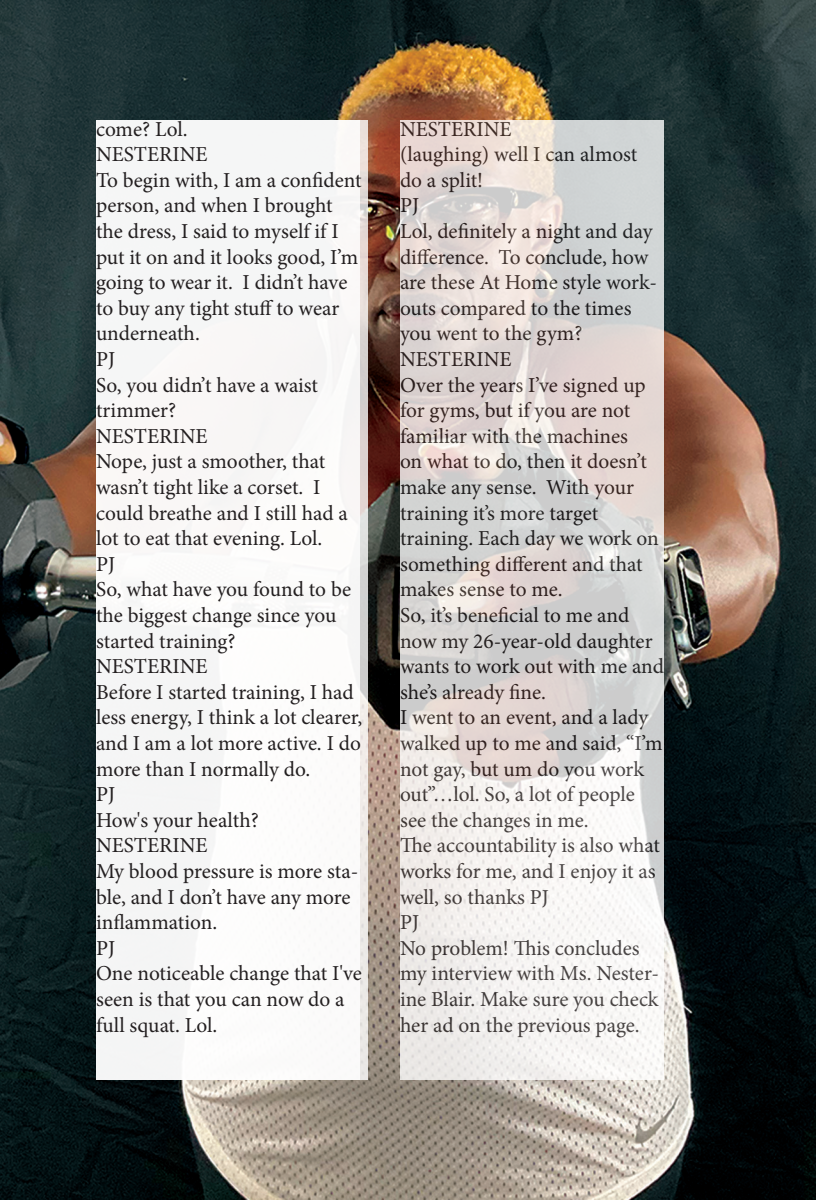
As we pass the age of 35, our metabolism naturally slows down, we lose some muscle which causes us to lose some functionality. You being almost the age of 60, you are a testament that as long as you stay consistent, with sensible eating, not only will you improve, but your improvement should last you for the rest of your life.

NESTERINE

Yeah, because consistency is what works otherwise, you'll go up and down and I have no time for see-sawing. Although I don't do a lot of sweets, I am a foodie. I do intermittent fasting, but I eat what I like. Obviously, I try to stay on the healthier side, but I don't watch everything I eat.

PJ

I agree, Intermittent Fasting (IF) is great option to go to, with your training. It allows you to still eat some guilty pleasure foods without adding back weight. My next question is about your shut it down dress, that's featured on this front cover. Would it be safe to say there's more of those to



come? Lol.

NESTERINE

To begin with, I am a confident person, and when I brought the dress, I said to myself if I put it on and it looks good, I'm going to wear it. I didn't have to buy any tight stuff to wear underneath.

PJ

So, you didn't have a waist trimmer?

NESTERINE

Nope, just a smoother, that wasn't tight like a corset. I could breathe and I still had a lot to eat that evening. Lol.

PJ

So, what have you found to be the biggest change since you started training?

NESTERINE

Before I started training, I had less energy, I think a lot clearer, and I am a lot more active. I do more than I normally do.

PJ

How's your health?

NESTERINE

My blood pressure is more stable, and I don't have any more inflammation.

PJ

One noticeable change that I've seen is that you can now do a full squat. Lol.

NESTERINE

(laughing) well I can almost do a split!

PJ

Lol, definitely a night and day difference. To conclude, how are these At Home style workouts compared to the times you went to the gym?

NESTERINE

Over the years I've signed up for gyms, but if you are not familiar with the machines on what to do, then it doesn't make any sense. With your training it's more target training. Each day we work on something different and that makes sense to me.

So, it's beneficial to me and now my 26-year-old daughter wants to work out with me and she's already fine.

I went to an event, and a lady walked up to me and said, "I'm not gay, but um do you work out"...lol. So, a lot of people see the changes in me.

The accountability is also what works for me, and I enjoy it as well, so thanks PJ

PJ

No problem! This concludes my interview with Ms. Nesterine Blair. Make sure you check her ad on the previous page.

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