

My name is Natalie and this is how I lost 16 pounds in 9 weeks training less than 8 min a day!



I am 26 years old and have been trying to lose 10 to 15 pounds for the past 3 years. I was never drastically overweight but I wasn't exactly in the best shape either. It all started in university- every year I'd gain a few pounds, work a few off, then gain some more. By the time I graduated I realized I was genuinely unhappy with the way I looked and felt. I didn't really fit into my clothes the way I used to, was always self-conscious about the chubby part of my belly showing, and never really felt very sexy anymore. One day I finally realized, every pound I allowed myself to gain was like losing a whole chunk of my confidence. I felt like a different person. So, I set out on a mission to lose 15 lbs... and was unsuccessful for 3 years. **First I tried joining to the gym**

and was doing your typical all round work-out: cardio machines and weights. To be honest, it probably would have worked but I just couldn't stick with it long enough to see results. I was so busy with my new job and trying to find time for friends that I could never motivate myself to squeeze in that work out. Sure, I lost a few pounds but as soon as I was busy again- poof, pounds are back and I'm that much less faithful that I'm going to reach my goal.

So I decided to just run on the treadmill.

There's a few in my apartment building. I thought the problem I was having with the gym was getting myself there. I promised myself I was going to run 3-5 times/week (gradually increasing the speed and duration). I just thought if I could just make myself run enough, I'd be back in shape. I know lots of people who only run and they're in great shape! ...That lasted about 3 weeks. Again, its not that running wasn't enough exercise. I just couldn't get my self to run often enough. Its pretty boring, takes a long time and I recently discovered that it is inefficient.

Then 9 weeks ago

I heard my brother and his friend talking about this new workout program they were all doing.

It's called

[HustleFit](#)

and it's

a workout program you can do from home with no equipment in under 8 minutes a day

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Written by Natalie

Tuesday, 15 December 2009 20:22

. I know, it sounds crazy but trust me 8 min is all you need. They teach this method called interval training and it really works! Its fun and only takes 8 minutes so I don't get bored at all. Since you can do it from home its a lot easier to find the time to workout and stay motivated. Another thing that really helps with motivations is recording your score. It's structured so you get new workouts every week and record your score every day. It really helped to keep me interested and continuously motivated. I also found that my eating habits drastically improved. Its funny how exercising increases your appetite for healthy foods. I would recommend this system to anyone who is busy with life but still wants to improve their health. Here is the link <http://hustlefit.com/>