

Welcome to Move Your Body Transformation!

Move Your Body Transformation is a lifestyle transformation program that is designed to utilize positive thinking, physical fitness and healthy eating to transform your life and make you the happiest and healthiest that you can be.

Move Your Body Transformation was developed by Kristy Olds with contributions from Zach Marcy, CPT and Tiffani Feathers, CPT.

Kristy Olds is a real-life wife and mother with a full-time job who has lost 191 lbs without any diets or other weight-loss gimmicks and by simply changing the way she sees food and beginning to move her body!

Zach Marcy is a Certified Personal Trainer and life coach who has 13+ years of experience training clients, through his Synergize System (www.synergizefatloss.com), to become the most physically fit that they can be.

Tiffani Feathers is a wife, mother, step-mother and a Certified Personal Trainer and fitness model, who trains clients through her program, Tackle It With Tif (<http://www.tackleitwithtif.com/>). She has lost 65 lbs on her journey!

This program is built on three ideas:

Dream it! Move it! See it!

1) Dream it!

You will dream of what you want your life to be like in 30 days, 6 months and one year. You will then write “SMART” goals for each of those time frames to address your dreams.

2) Move it!

A specially-designed fitness plan has been developed to get you moving your body and get the fat melting off!

3) See it!

This program will teach you how to see food for what it really is **fuel for your body** nothing more and nothing less. This program will teach you what foods are considered “good foods” and what foods you should avoid, as well as how to read a Nutrition Label and ingredient information on packaging in order to choose the best foods for your body.