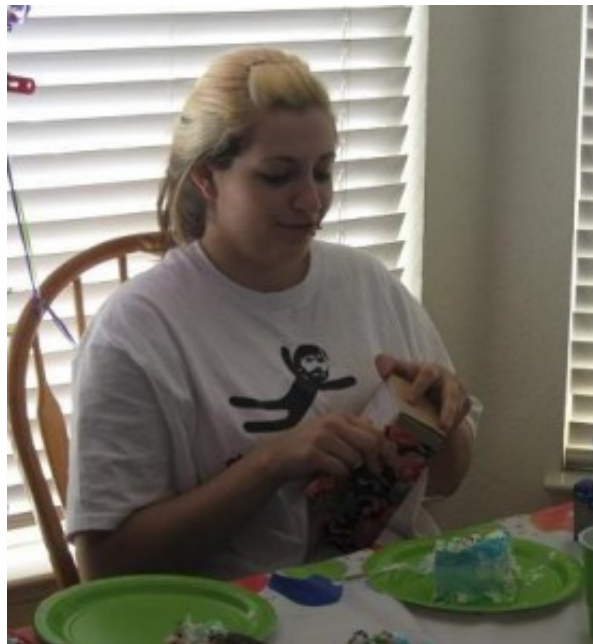


About Me

"You hide the weight so well."
"It's because you're so tall."
"You have a pretty face."



Team Never Going Back

making positive changes everyday

<http://teamnevergoingback.com>



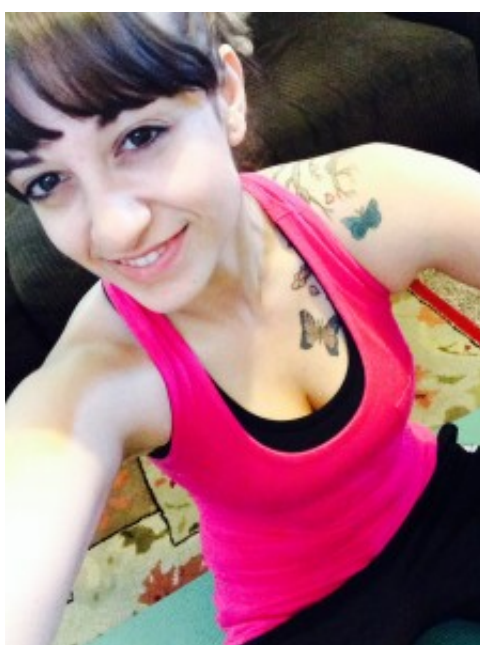
A few of the neutral comments I used to receive back 2 years ago, back 60 pounds ago, back before I woke up. I found the magic equation to change my life and finally lose the weight like a **normal person** and so can you. No crazy diet, no spending HOURS a day at the gym, nothing like that. I learned how to cook healthy and delicious meals, created with *what I want* that sacrifice no flavor or satisfaction, nor use handfuls of ingredients that I had never heard of. Combine my new cooking skills with regular amounts of exercise and plenty of sleep and WHAT DO YOU KNOW?!



Team Never Going Back

making positive changes everyday

<http://teamnevergoingback.com>



Crawling turned into walking, walking turning into, well... tripping and stumbling on the treadmill... and that turned into a full on run! My name is Ashleigh, and I used to be unhealthy, unhappy, and 60 pounds heavier. I fully believe that food and exercise shape your entire life, your feelings, and your emotions. I believe that exercise can heal and prevent injuries as well as help solve emotional issue like depression and anxiety. That cutting out *all carbs* is an unrealistic goal and healthy food can also be food you crave, without using ridiculous, hard to pronounce, uncommon ingredients. I believe these things because they **worked for me.**