

Elesia Summers-Thomas

I have always been extremely ambitious in goals that I have set for myself. As a dancer and lover the stage I tend to lean towards goals that push me to my max in every way. I competed in my first pageant in 2006 but starting to get seriously involved in pageantry in 2009. After really setting a goal for myself to take home a title I had to evaluate the things I needed to work on. It took some time but with the help and support of many others my wardrobe, hair, makeup, interview, and talent came together. The one thing that was always missing was swimsuit. This phase of competition is one of the biggest reasons it took me so long to get back into pageants. I never thought I could be comfortable enough to strut my stuff on stage in a two piece bikini to be judged. I thought getting up the courage to do it would increase my confidence but that works two ways. One on hand I was very proud of myself and on the other hand I felt like I was not in pageant shape. Many people see me and say you are so small already but the amazing women I compete with don't have the average body, they work very hard and are committed to a certain lifestyle to obtain their results. Long story short, I started surfing the internet to find a solution. My new years resolution for 2012 was to get in the best shape of my life. In this time I knew I had a pageant coming up and I had also set on another goal to try out for the Washington Redskin Cheerleader Ambassadors! Yes, I have added another goal where your physical appearance is judged in every way. Maybe I subconsciously like doing this to myself. I ran across some reviews for Nubody Solutions and decided to give it a try. After my first meeting with Susan at the very beginning of January, I don't remember the exact date, but it had to be like the 3<sup>rd</sup> or 4<sup>th</sup> I was very excited. Nubody Solutions has helped me to change my lifestyle and not diet. I don't count calories, I just have set guidelines. I am happy to say that three months in I have lost 12 pounds, which is amazing for someone so small. In January I started at 130 and I am now 118!!!! My body fat has gone down tremendously. The combination of diet with my exercise regime has been working great! There have been hard moments but the proof is in the numbers on the scale! Not to mention, I won my pageant! As I gear up to head to Washington, DC to tryout for the Washington Redskin Cheerleader Ambassadors getting a body wrap would be an extra boost of confidence going into that audition. I hope my story gets picked but if it doesn't I want to say thank you for all you have done, it has been amazing!

Sincerely,  
Elesia Summers-Thomas