

# James Sanderson...

## *A True Story*

*Victor Tang*

I met James last week. He told me that after working out 4 days a week religiously in a gym nearby for about 4 months, he not only did not lose weight, but had put on 1 kg. I weighed him in at 130.7 kg. It was devastating, enough to make any man give up. But not James.

He sat in our office/weigh-in room and listened to me blab on about how building lean body mass can boost one's metabolism...*you know, all that stuff about having to do much less in our HIT Express system and getting amazing results.*

He did not appear skeptical but wanted to think about it. So I told him that regardless of whether he came back to our gym or not, he should do this:

**Get up from bed each morning and just go walking for 20 minutes to raise his metabolism.**

Then he left and I did not think he was going to come back.

5 days later, he did come back to FitnessLand to sign up. He was all excited about the last 5 days doing the 20 minute walks each and every of the 5 mornings since I last saw him. He was also over the moon about taking his young children with him for those walks and spending quality time with them. He spoke of a morning when they saw a hot air balloon landing...it was all so exciting. *He actually took my advice without doubting it.* I did not think much about it at the time, but then something made the both of us jump for joy.

**He hopped on the weighing machine and it read 127.8kg! THAT'S A LOSS OF 3 KG in 5 days...just from that small piece of advice that he acted upon. This was something he could not do for 4 months of consistent work in a gym elsewhere.**

(We were hugging each other – but let's not talk about that.)

Well Done James! Welcome to the H.I.T. Express training...*I know you will prosper!*

