

# **A Mother of Three Gets Her 'Hot Body' & 'High Spirit' Back, Again...**

**This Time It's For Good!**

Just When She Thought She Was Down and  
Out Without a Fighting Chance - She  
Finds a Source of Simple Fitness Wisdom  
and Turns Back the Hands Time After  
Years of Wasted Time, Energy and Money

By Joey Atlas, M.S. - Exercise Physiology  
[www.LowerBodyMakeover.com](http://www.LowerBodyMakeover.com)

***This is a 'conversation' taking place inside BestFitnessAdvice.com – (all Leg, Butt, Hip and Thigh Makeover purchasers get 2 weeks free for this purpose) between Joey Atlas and Lisa Pohlmeier of Atlantic Beach, North Carolina – that is an ongoing 'Before and After' Success Story in the making – So we can consider this a 'During' part of the 'before and after' story... [Please feel free to forward this to anyone you think will get something out of it.]***

Lisa

Hi all. I just ordered the ULBHTM DVDs and can't wait to get started. I have been using the exercises from the emails I received and I'm so excited to get the full workout. I'm soon approaching the big milestone of 40 (YIKES!) and decided to hit the big 4-0 looking the very best I can. After 6 pregnancies I'm due for a body makeover :). I hope to be reporting back soon with my progress.

Joey

*- Excellent! - keep us posted on your progress.*

Lisa

Hey Joey!

I have been doing a lot of research on healthy eating and so forth and I think I have flooded my brain with too much information and ended up even more confused than before I started. I just read your article pushing back meals and that makes more sense to me than anything else I have read. I know my body and I have been one that could never eat 3 meals a day without gaining weight.

I never ate breakfast, which is against most of what I have read. I recently tried doing the 3 meals low fat/low calorie eating pattern and for me it only added weight. Not a lot but enough to discourage me from continuing. So around to my question...is it ok to not eat 3 meals a day? I've always joked that I had got hips instead of a metabolism when I was born. I'm so confused on what is right anymore that I am at a standstill.

I still have opted to do low fat and watch calories but I ditched the 3 meals. I felt like I was forcing myself to eat when I wasn't hungry to keep my metabolism going. I've never been a big water drinker but have managed to be a little better at that. The biggest thing I am having trouble with is changing the mindset that it's okay to eat some of the things I have avoided like carbs, the good fats etc.

I understand the key is with whole grains in breads and rice but my brain has a hard time wrapping around the fact that it's a good for you thing.

I also have been programmed to see the numbers on the scale instead of the overall appearance. I need a clean slate with the right information in order to do a complete mind overhaul and I'm hoping you can help! Sorry for the short novel but thanks in advance for your help and if any of this made sense you are a genius!

Lisa

*Joey*

*- Forget the scale - its look and feel.*

*I sure do understand where you are coming from with all that is in your head.*

*But - I can tell you are ready to make your move in a definitive direction.*

*The calorie/meal shifting may be a perfect fit for you. See how you do with a consistent schedule of workouts for a few weeks.*

*Let us know how it's going, OK?*

Lisa

Hi Joey!

A couple quick (ha!) notes. First let me say this message board and the personal replies from you are a savior and inspiration to me. Your passion in helping people shows through with every message and for you to take the time to answer each of these after what I can only imagine to be a very hectic day for you is truly touching. You are a keeper!

I'm slowly sifting out some of the jumbled info in my head and hope to be on the right track to "getting it" and getting it right. I don't want to lose a lot of weight, 15-20 lbs tops, just mostly want to get rid of the jigglies. I'm 5'5" and currently 145lbs but a comfortable size 6. I've been everywhere from 190 post pregnancy to 123-after a VERY unhealthy relationship and an even more unhealthy way of losing it. I've done my BMI and it ranges anywhere between 24-25%.

I'm taking your advice on the scale since I have always dreaded getting on one in the first place. I've done some measurements and was wondering is it normal to have one side larger than the other?

I have a difference of almost an inch on my thighs and not as much of a difference on my arms.

I also wanted to get your opinion on a couple of products out there... the fiber one bars and the various vitamin waters. What about chicken, namely the boneless skinless chicken breast?

Love the recipes and hope to see more !  
Lisa

*Joey*

*- Hi Lisa - thanks for your great feedback!*

*It's VERY rare that anyone is perfectly symmetrical from one side of the body to the other. Quite common for the differences you are seeing when comparing the right side of your body to the right.*

*RE:*

*- the fiber one bars: Not crazy about them AT ALL - too many preservatives, palm kernel oil, high fructose corn syrup, and artificial colors(I talk more about these in my book) - Try all the Kashi bars - lots of choices and much better nutritionally (and taste).*

*- vitaminwater - WAY too many calories for a supposedly "healthy" drink - its one of the main reason I created my own, 'Atlasjuice' (originally named 'Fitnessjuice') - we are shooting to bring it to market by late 2009 (stay tuned for that) - you can read more about it in some of my past blog posts: <http://www.joeyatlas.blogspot.com/> - when you get there you'll see a search box in the upper left hand corner - type in the word fitnessjuice and click on search...*

*-there are several posts that come up with more info...*

*Chicken is good a few times a week - BUT - you want to go for free range - organically raised chickens (once you try them you'll NEVER go back to 'regular' chickens (YUK!))*

*At minimum you want to go for meats that are raised WITHOUT hormones and antibiotics.*

*Hope this all helps - and please spread the word about 'Joey Atlas'...*

*Lots of BIG things to come in the next several months...*

**Lisa**

Hey Joey,

Wanted to let you know that I've been doing the calorie/meal shifting and its working GREAT! So much less confusion and I've actually seen a few pounds drop off. Can't wait to get your DVDs and get into high gear.

I understand that it's a 2-3 times a week?? How much cardio would be appropriate for the other days? Thanks for checking in on me and the WEALTH of info you have provided...

P.S. - I've been passing on your website to EVERYONE!

Lisa

*Joey*

*- Shoot for 30 minutes of cardio on the other days.*

*See if 30 works for you.*

*Thanks for spreading the word! - GREATLY appreciated.*

**Lisa**

Hi Joey!

I just got your DVDs in the mail today and couldn't wait to try it out....well I LOVE IT!! I love the burn in all the right places and although I couldn't do the whole 15 of some of the exercises I did do every one of them.

As I told you earlier I wasn't a big water drinker but I think we have solved that problem with the DVDs! A quick question, since I am just starting out, do you recommend that I do them 2 times a week or 3? I'm excited to report back soon with my progress! THANK YOU !!!!!

Lisa

*Joey*

*- Awesome feedback Lisa!*

*Great question...*

*Did you print the progression plans from here?*

*(page can't be shown as it contains links to all program support materials and bonuses)*

*Let me know.*

**Lisa**

Hey Joey

Yes I did which leads me to another question. I was a gym freak up until the last 6 months. I went everyday for 2-2 1/2 hrs a day. Well life happens and I got out of the routine of going there but I have heard about muscle memory which I'm not too clear on.

I had been substituting pilates and some other exercises so when I was doing your DVD I was kinda in between beginner and err...not so beginner on some of the exercises. Not to say that some of them didn't totally kick my butt-they did. I was watching in awe as you did some of them and when you said add weights if it was too easy...holy cow.

Anyhoo...it's an awesome exercise program and love the way you give options on different ways to do them. I think too many times people (myself included) were under the impression if you weren't killing yourself you weren't doing any good. Can't wait to do them again and feel like I accomplished what I set out to do afterwards. Thanks Joey, you are awesome!

*Joey*

*- This is great stuff - there are a LOT of other women out there who would be inspired by your words BIGTIME - so keep me posted on your progress and when the serious results start showing - let me know. I'd love to get your story and photo on the new site we'll be releasing in the next few months.*

*Sound good?*

**Lisa**

Yes, Joey!

It's a deal...I'm looking forward to being one of your success stories !

**UPDATE from Lisa...**

Hey Joey,

Had to write with a quick but exciting update. Less than a week into doing your DVD, a couple weeks using your tips in your emails and the fantastic advice you have given me about calorie shifting, I'm down 5 pounds and feeling the difference in the my clothes. The compliments from people who don't know what I'm doing are just the added perks!

This DOES work and the results are fast! Still lovin the burn during the workouts and the next day I'm never sore like I thought I would. I wish I would have known about you years ago, you would have saved me years of yo-yo dieting and endless time wasted in frustration and discouragement.

As a professed skeptic of organic and "healthy" foods I admit, that I was surprised to be able to start noticing the taste and actual texture of foods that have all the unnecessary junk in them. You have changed my whole thought process and made this all so easy. Many, many thanks.

Lisa

*Joey*

*- I love it!*

*This is great stuff Lisa - keep at it & don't forget - I'll be waiting for your official 'before and after' story.*

*Keep the progress reports coming.  
...love hearing this kind of stuff!*

**Lisa**

Hi Joey,

Me again! I would normally apologize for junkin up your inbox so much but everyday I'm almost overwhelmed by the results that are happening.

I did my measurements at the start of my journey three weeks ago. Today, before my workout, just out of curiosity I took my measurements again...and WOW was I very pleasantly surprised.

I've lost 1/2 inch from each thigh and an inch from both my waist and hips. I measured 3 times to make sure I was seeing it right! All of this in 3 weeks! And truth be told I have only had your DVD for a week. After seeing those results I was looking forward to doing the work out even more, and I never thought the words "looking forward to" and "workout" would ever be in the same sentence. My goal is the trading my current size 6 jeans for the stack of size 4 I have sitting in my closet.

I thought I would never get back into them again and figured I would end up with some very good clothes for donation. Now, thanks to the magic of Joey, I know it's just a matter of time. No stopping there though, my next purchase is going to be your abs video! There is no way I could ever express how grateful I am to you for your dedication and continued support and for giving me the burn I have become addicted to when doing your work out...and "there's nothing wrong with that"...:)

Lisa

*Joey*

*- I love it - I love it - I Love it!*

*Keep it up Lisa - and keep me posted. I'm planning on putting you in my next book 'Fitness - The Atlas Way'*

Lisa

OK Joey,

Count me in! I haven't been this excited about a fitness program in.....well EVER!

*Joey*

*- OK - you are in!*

**Lisa**

Hi Joey,

Well I believe I am in week 4 of doing LBHT and as the pounds and inches seem to be melting away, I think the thing I am surprised most at is the strength I have built up at what seemed to be overnight. It wasn't until I was in the middle of your DVD that I noticed the lunges weren't torture for me after 5 or so.

I actually got thru doing all 15 before I knew it and thought wow where did that come from. In the beginning just about any of the standing leg exercises about did me in and I was only doing the beginners versions. Now without realizing I had progressed as much as I have, I'm blowing thru MOST of them doing the advanced version. (That low side shuffle still kicks my butt) I've started to notice that I'm feeling different muscles in my legs and butt being used then when I first started and wondered if that's a normal thing or if somehow my form has gotten a little off?

I'm completely impressed with the whole program. I also added a few of your tips for other areas and thanks to your beginner push ups I'm seeing a whole transformation in my upper body which was my weakest part. My next goal is to conquer my balance on one particular exercise so I don't end up looking like I'm doing some twisted form of martial arts...LOL.

Lisa

*Joey*

*- Lisa - this is great stuff! Appreciate the feedback tremendously.*

*OK - give us some numbers now:*

*- Pounds lost*

*- Inches lost*

*- clothing size changes*

*And how about 'after photos' - are you ready yet - or maybe another month or two?*

*Keep me posted.*

**Lisa**

OK Joey,

Here we go!!....did my measurements today and I've officially lost 8 inches overall, down 9 pounds and am teetering on the edge of my size 6 being too big and my size 4 fitting the way I would like them to. I'm confident that in a month or two I will be ready for my after photos and hitting the beach in the bikini I've been eyeing.

I live literally a half a block from the Atlantic Ocean and plan on spending lots of time there this summer! I can't believe how the results start snowballing and everyday I see the transformation. My strength continues to surprise me, my confidence is soaring, and the compliments are just affirmation that your program is everything you say it is and does exactly what you promise. As I've mentioned before I'm approaching 40 and have never felt better.

I've been on both extremes of the scale, both of which were extremely unhealthy and although my scale has seen smaller numbers I've never been this healthy or fit. What can I say? You are the answer I have been looking for and I wish I would have known your magic years ago. I cringe thinking about all the insane diets and unhealthy pills, gadgets, and exercise programs I've tried over the years, not to mention the disgust and discouragement that I wasted soooo much energy on.

I'm not sure I have ever admitted this to myself let alone anyone else, but after literally being pregnant or having a baby every year for 10 years my body was a train wreck and I was so ashamed that my kids had a fat mom. I wanted them to be proud of me not embarrassed by how I looked. It's amazing how you can look in the mirror everyday and never truly see how you have let yourself go. I see pictures of me back then and I want to crawl under a rock.

The absolute highlight of this journey with you was just recently, my 13 year old son gave me a hug (which at that age is amazing in itself!!) and pulled back and said WOW mom you're really skinny. Joey I owe this all to you and I could never put into words the deep appreciation and gratitude I have for you. I never intend to write a novel here but I truly could go on and on telling you how fantastic your program is.

Thanks again Joey...

*Joey*

*- Lisa - this is GREATLY appreciated. Thank you for taking the time and energy to put your thoughts and experience into words - I am looking forward to your after photos and what you have to say at that point.*

*This is the kind of 'before and after' story that will inspire MANY women to take the same steps you have to overcome their challenges. There is NOTHING more powerful than seeing someone do what you are not sure can be done. Seeing is believing (in the 'self').*

*I have to share this in the newsletter and on the site as a 'during' story - or a success story in the making.*

*If it's ok with you - I'd love to be able to include your name (city and state if ok with you) - because it makes your words 100 times more believable - (lots of skeptics out there have their guard up because they've been 'burned' in the past too)*

*OK - let me know...*

*And THANKS! again.*

**Lisa**

Yes Joey,

- Absolutely! Use whatever you need !

Here's my info...

Lisa Pohlmeier

Atlantic Beach, North Carolina

You are a godsend and can't speak for everyone but the constant communication you provide makes this a journey I'm not going alone. I know you are there anytime I have a question or need support or encouragement and that makes ALL the difference in the world. It's the next best thing to having you in my living room right along with me.

And for the times I just don't think I can muster up the energy to get thru or even get started doing the workout, I hear you saying what are you waiting for?

Your whole approach and compassion has made me push harder to get stronger, do the full set and get past the beginner stage. I know this may all sound corny but what you do is life changing, and you're there long after the DVDs arrive. That's incredible and that's where your commitment and passion for helping people truly comes through.

You are everyone's best friend in one of the most difficult challenges people face yet you make it very easy. Ok before this turns into some sappy novel...I'm wrapping it up but thank you a million times over.

After this ebook was created, Lisa sent me this message:

Joey,

After reading the title of your latest email and for this ebook, I thought there is something I should clarify. If anyone has read my earlier posts to you, I said I have 3 children and the title for your case study says mother of six. My whole intent for explaining this is I don't want anyone questioning the credibility of what information you share with them, like you said many skeptics who have been burned maybe be reading this so here it goes.

Hang with me while I try to piece this all together as short as possible. I actually am a mother to 3 wonderful children but as I told you I was pregnant or having babies every year for nearly 10 years. I have been pregnant 8 times which is a lot on a body to begin with. Here's where it may get a little confusing or may tie the things I have said together.

I had 3 miscarriages fairly early on and 2 pregnancies unfortunately ended in stillbirths at 8 1/2 months and 7 months respectively. I was however blessed enough to have 2 boys and 1 girl who are fabulous and healthy. So when I tell you my body was a train wreck I was not exaggerating.

I just felt the need to set this straight. Your program has done a world of difference for me physically, emotionally, and mentally. I had my first "a-ha" moment yesterday when for the first time I really saw the results people have been telling me they are seeing. (continued on next page...)

I saw the scale going down and the inches becoming smaller but it wasn't until I happened to catch a glance in the mirror at muscles I have never seen defined before. It made me do a double take. I spent the next several minutes really looking at my transformation and can't even put into words how good I felt about myself.

As always, thank you is never enough,  
Lisa

Copyright © 2008 Joey Atlas. All rights reserved

---

**Stay tuned for Lisa's 'After' photos and update in about 6 weeks!!**

---

**If someone has forwarded this to you – and you would like to sign up for my FREE e-newsletter 'Secrets of a Trainer' and Other FREE Downloads – (such as this one) just visit:**

[www.LowerBodyMakeover.com](http://www.LowerBodyMakeover.com)

[www.YourFitnessBook.com](http://www.YourFitnessBook.com)



Joey Atlas