



## Testimonial Questionnaire

Name: Mechelle Wiesenthal  
 Address: 40319 N Justice Way, Anthem, AZ 85086  
 Telephone: (H) 623-476-7879 (C) 623-760-2792 (W)  
 Email: serendipitykids@cox.net Coach ID Number (if applicable): 236427

Age: 40 Height: 5'8"  
 Ethnicity: caucasian Additional Languages Spoken: none  
 Day 1 weight: 189.5 Day 90 weight: 180 Total weight loss: 9.5 lbs  
 Day 1 size: 12 Day 90 size: 10 Total sizes lost: 1

If you did additional rounds, what was your weight/size for Day 180, 270, etc.?

Day 180 - 156 lbs | size 6 lost 6 sizes! lost a total of 33.5 lbs.

Inches lost:

Waist 4 Hips: 6 Chest/Bust: 2 Thighs: 6

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1. What motivated you to start P90X?

Honestly, it was seeing myself in pictures. I would look at pictures of me with my kids and think "oh my God" their mother isn't going to live to see them grow up! Wait that is ME. I wanted to change so desperately so I could be a role model for my children, so I could watch them grow up happy and healthy, and so they could be proud of their mom instead of ashamed.

I chose P90X because I didn't think I could do it. That sounds absurd I know! I had always heard about it and thought there was no way I could ever do it. One day I stumbled upon the fit test and thought what if? Then I did it and it lit a fire in me. I wanted it more than anything I had ever wanted. That is what carried me through the doubt, the struggles, the challenges, the injuries and ultimately brought me to a place where I now feel comfortable and happy about my body. I know there will always be challenges and I know I will always work hard to maintain what I fought for. It is SO worth it!!! Thank you Beach Body!!!

2. Did you have any health problems or physical restraints before P90X? Have they improved as a result of getting fit?

The greatest challenge I faced before I began the program was having heart surgery. In May of 2008 I underwent a cardiac ablation to correct a lifelong problem of irregular heart rhythms. Before that I was never able to exercise efficiently, and that gave me the freedom to make a change. Suddenly I was able to move and I loved it! Beachbody helped me harness that enthusiasm into something feasible. I began to believe I could really change my body and having both of those things at the same time made all of the

difference to me. I was able to get off of all medications and could finally get clearance to exercise. As a result of doing P90X my heart has gotten stronger! My endurance has improved drastically and now I can be confident my heart is stronger than ever.

I also had surgery on my knee from an old gymnastics accident when I was 16. I have always had to baby that knee and forget any kind of jumping or plyometrics! Well that just wasn't going to work for me anymore. So much of my limitations were in my head. I was afraid I couldn't do it. But as the weight started to come off, and I slowly started taking chances, I learned that there are actually very few things I can't do! In fact the muscles in my legs have gotten so much stronger that there is actually less stress on my knee than ever before. The quadriceps and hamstrings now stabilize my knee so well that my knee hasn't hurt in almost a year! For someone who has spent her whole adult life babying that knee it sure feels good to overcome that fear.

3. Describe how you felt physically and emotionally before beginning P90X.

Before I started this journey I felt lost and trapped in someone else's body. I never thought I looked as big as I was. When I looked in the mirror I saw a very unhappy, defeated person. It was a downward spiral, the worse I felt about myself the worse care I took of myself! After having two kids my body was beat up, stretch marks and loose fat everywhere. It was a very dark, bleak time for me.

I was extremely depressed about my weight before P90X, it consumed me. To say I was emotionally at my lowest point is an understatement. I had hit rock bottom and didn't believe in myself. Through the many months of pushing play I slowly gained back my self-esteem, my confidence, my health! I feel better both physically and emotionally than I ever have. When I look in the mirror now I see that happy, confident woman I had forgotten even existed.

4. What was your primary goal? (Completing the program, losing a specific amount of weight, etc.)

When I did P90X the first round my goal was just to finish it. I needed that boost to my ego, I needed to remind myself that I was capable of doing very difficult things and succeeding! The first round I did not follow the nutrition plan though, it was all I could do to just eat "clean" and do the workouts. I did not get the results I wanted though. So the second round I decided I would do the whole program by the letter. I did both the fitness and nutrition programs exactly how they were written and of course the results were amazing!!

5. Have you reached your goal? If so, did you do anything to celebrate?

I can finally say that I have reached my goal! I want to shout it out from the top of a mountain somewhere!

To celebrate my success I decided to become a Beach Body coach so that somehow, someone might be inspired by my story and find the motivation they needed to get healthy. This is the best possible outcome for me, because I get to spend every day helping other people reach their goals. There is no better feeling in the world than to help people and somehow give back even a small piece of the gift I have been given.

6. What was your favorite part about P90X?

P90X fit me like a glove. The strength training, the variety, Tony, the feeling of accomplishment after every single workout kept me going. I really looked forward to every single workout, the routine of it, and even the corny jokes lol. Feeling like part of the team made me accountable, even when nobody on earth would know if I skimmed on a few reps here and there, I knew. And that was the perfect fit for me.

As far as the program itself I truly loved competing with myself. The worksheets provided me the opportunity to constantly push myself just a little bit farther each time. I loved that! Having a written plan of what I had achieved made me want to get better each and every time. That and Tony's ever adorable charm and humor kept me going day in and day out!

7. Have your friends/family commented on your transformation? What has their reaction been?

My friends and family have been very supportive of my transformation. While I really wished that some of them would have done it with me, in some ways doing it on my own made it that much sweeter victory for me. I think some of them thought I had lost my mind giving up so much sleep, getting up at 5am everyday no matter what. I did hear a lot of friends say wow I could never do that, or why would you do that. To me that is just fuel! It made me want it more, because I knew I could do it and I knew I had that drive in me.

8. Describe how you feel about yourself physically and emotionally now that you've completed P90X.

Now that I have completed two rounds of P90X (and one round of P90X2!) I am a completely different person. I feel amazing, confident, strong, and mostly just plain happy. I've found my why, this is such a huge part of my life now and I feel like I'm where I'm supposed to be. I wake up every single day thankful that I am strong and healthy enough to get up and give 100%. I revel in my physical ability to overcome any obstacle. I have fought through injuries along the way and have really struggled with that. I've learned to modify when necessary, and how to protect myself from further injury. This has been such a monumental change for me, my entire life is better in every way!

9. Were you a part of a coach's challenge group while completing P90X? If so, who was the coach leading the group?

My coaches, Dave and Monica Ward played such a crucial part in my success with P90X. The support was unbelievable. Above and beyond anything I expected or could even imagine one person could do for a total stranger. The fact that they both care so much, and give so much support, education and unwavering inspiration meant everything to me. They have the most incredible challenge group, with many, many supportive people who all help one another day in and day out. I knew that no matter what I could always go to the challenge group and someone would be there to offer a helping hand, or just to listen to whatever I needed to get out. I am sure that I could not have been this successful without them and I will always be grateful for everything they have done for me. They are the most influential people in my life, and we have never even met. Someday I hope to meet them both, and I'm sure that I will be overcome with emotion.

The very best part about P90X for me was my coach! I have never had anyone believe in me so much, and teach me so much about myself in such a short time. I felt like I mattered, and through all the hard work, all the struggles and success I truly felt like I was not alone.

10. We are always looking for great quotes and sound bites regarding an individual's journey with P90X. Maybe you're in the best shape of your life. Maybe P90X helped you regain the level of fitness you had back in high school or college. You are unique, so please give us a few quotes that best describe how you feel about P90X and what you've accomplished. Use as much space as you need.

My life is nothing like it used to be before Beach Body. I am active, I am fit, I am happy! I no longer worry about clothes or whether I can keep up with my kids. I know I am setting the best possible example for them and that makes me so proud and hopeful for their future. Seeing that I have something to offer to other people who are just starting out where I used to be is so incredibly rewarding. I love that feeling more than anything. I think I am a very easy going person and relatable, and talking to others about my experience comes easily to me. Beach Body is so much a part of my life now I can't imagine waking up everyday and not pushing play! Bring it!

This has been the most unbelievable experience for me. P90X has changed my life so much it's hard to put into words the impact it has had on me, my family, and especially my children. I am a better person both inside and out because of the determination I found inside myself.

I teach preschool and have brought so many concepts I have learned through P90X into my classroom. Because of my experience with P90X I have implemented a lot more physical fitness into my curriculum. I want to teach this upcoming generation about caring for their bodies, eating healthy and making positive choices for their entire lives. I could not have done this without the hard earned life lessons I had to learn myself. To be able to pass this information on to the next generation means a lot to me. I have the ability to impact many children in formative years of their lives and perhaps something I teach them will be the difference in their lives.

11. Please use as much space below to tell us your story. Feel free to cut and paste from any other documentation you may have already sent to us.

I spent about ten years living inside a body I couldn't stand. After having my second child I never lost the weight and used being too busy as an excuse not to take care of myself. The heavier I got the worse my health was. I had increasing problems with my heart, and the weight put extra stress on an old knee injury. I spent a lot of time trying to run from my fears, trying to drown them in both food and alcohol. But it was a dark place for me, I didn't like who I had become. I just woke up one day and said ENOUGH. I set out on a journey that ended up changing me in ways I never anticipated. I'm not just talking about the outward appearance either. I knew I wanted to change my body, I was so unhappy and it was a daily struggle to love myself. When you spend every minute of every day loathing the way you feel and look, you know it's time to make a change. So I decided right then and there that was going to change. It started with a choice and many millions of more choices along the way.

To me it's always been about choices. I choose to make my health my priority. I choose to take

actions every single day that get me closer to my goal. I choose to make goals!

The road for me has been long; I started out at 237 pounds.

Of course as the pounds starting coming off I became excited with each milestone, ten pounds, then twenty, before I knew it I had worked off fifty pounds! That is a remarkable moment right there, but knowing I still had more to lose? Sobering. Humbling. It took a really, really long time. I found motivation wherever I could. Mostly from people who were doing it right alongside me. Friends, people at the gym, trainers, my kids. Which brings me to my biggest motivation of all, them.

I'm a mom, I have two boys ages 13 & 10. I know how hard it is to make yourself a priority when you have very deserving kids who need so much of your time. Balancing all of that is a delicate thing. Showing them that it's important for each of us to take care of ourselves is a big deal to me. They have watched me make difficult choices, get up at 5:00am every single day to find the time. They have watched how our family meals have changed, and yes complained along the way. You see, I didn't just change MY life; I changed THEIRS, for the better. My biggest goal in life is to teach them how to care for their bodies, so that thirty years from now they don't find themselves 90 pounds overweight like I was. I want to be the very best role model I can possibly be for them. I want to be able to play with them, get out and run around, keep up with them, inspire them, and be there to watch them grow up. So when the road got hard, and it did and still does, I looked at them and found my "why".

It's been a struggle; I'm not going to make it sound like it was easy. It took me FIVE years to get where I am now, at 146 pounds. That is 91 pounds gone!!! I've heard the stories about people who have lost that in six months and how I wanted to hate them!! But my body isn't like that. I have to fight for every single pound lost, and to keep it off. I know this is my lifelong journey and that I will have to work hard to keep my body this fit.

Part of that journey for me has always been to share my experience with others. To motivate them when I could, to offer advice and support, and sometimes just to commiserate with them. My best friends know I will hold them accountable, encourage them, bounce ideas off of them and be their biggest fan.

Today I find myself in the fortunate position to be able to share my experience with so many people who want so desperately to have another chance at life. I am doing everything I can to help people learn to love the journey, to enjoy the body they are in and wake up every single day and be thankful for the opportunity to breathe deeply and make choices.

I am SO proud of my accomplishments with P90X!!! My body became tone and fit, and my athletic ability went through the roof! I did things I never believed I could have when my heart used to give out on me. Being able to modify things that I couldn't do, and excel at things I never imagined. Keeping constant records of my slight improvements added up over time. Not only that, I developed a wonderful comraderie with my coaches and my peers. That helped motivate me and I learned that motivating them and giving back some of what had been given to me over the years felt REALLY good!!!

Enjoy the journey, even the hard parts. There is joy in every single day, when you look hard enough. One of my very favorite quotes (and I am a HUGE fan of quotes :) is this:

"Someday I will no longer be able to run, but today is not that day."



BEACHBODY

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3301 Exposition Blvd., 3<sup>rd</sup> Floor Santa Monica, CA 90404

**P90X DATE AND WEIGHT DECLARATION**

**Round 1: (Required)**

Day 1 Weight	189.5	Day 1 Date	9-8-12
Day 90 Weight	180.	Day 90 Date	12-2-12
Total Weight Loss	9.5lbs.	Total Inches Lost	5

**Round 2: (If applicable)**

Day 1 Weight	190	Day 1 Date	1-1-13
Day 90 Weight	156	Day 90 Date	3-25-13
Total Weight Loss	34 lbs.	Total Inches Lost	18

**Round 3: (If applicable)**

Day 1 Weight		Day 1 Date	
Day 90 Weight		Day 90 Date	
Total Weight Loss		Total Inches Lost	

**Round 4: (If applicable)**

Day 1 Weight		Day 1 Date	
Day 90 Weight		Day 90 Date	
Total Weight Loss		Total Inches Lost	

**Testimonial Information: (Required)**

Current Weight 146 lbs. Date 7-15-13

Signature Mechelle Wiesenthal

Name Mechelle Wiesenthal

Address 40319 N Justice Wagity Anthem State AZ Zip 85086

Telephone (623) 760-2792 Email serendipitykids@cox.net

Current Age 40 Date of Birth 2-7-73

Height 5'8" Occupation preschool teacher

## Testimonial Weight Release

I Mechelle Wiesenthal got these before and after results using the P90X program and following the P90X nutrition plan. And all results were completed in a 90-day time Period.

Start Date: 9-8-12  
End Round 1 - 12-2-12  
Start Round 2 - 1-1-13  
End Date: 3-25-13

Mechelle Wiesenthal  
Signature

40319 N Justice Way  
Address

Anthem                      AZ                      85086  
City                                      State                                      Zip Code

623-760-2792                                      7-15-13  
Phone Number                                      Date



3301 Exposition Blvd., 3<sup>rd</sup> Floor, Santa Monica, CA 90404

### GENERAL TESTIMONIAL RELEASE

For valuable consideration, the receipt and sufficiency of which are hereby acknowledged and intending to be legally bound:

1. I hereby grant Beachbody, LLC, Team Beachbody, its parents, affiliates, subsidiaries, representatives, assigns, employees, officers and directors (collectively, "Beachbody"), and Beachbody's suppliers, distributors, advertising/promotion agencies and any persons or corporations acting under its permission or authority, or for whom it might be acting (collectively with Beachbody, "Company") the right and permission to videotape, capture, record (including still and moving images, and sound recordings) and scan me or my minor child ("Performance"), including but not limited to any statement or endorsement (including any letter, or still, moving or sound recording) or any portions thereof ("Testimonial") made by me or my minor child. I further grant Company a perpetual, worldwide, royalty free, unlimited, sublicensable and transferrable right and license to display, publish, modify, broadcast, publicly perform, reproduce, prepare derivative works of, distribute and/or otherwise use the Performance and/or Testimonial and any and all photographs, images, video, music, sound or other recording, writing, text and/or other information and content that I submit to Beachbody (including my name, image, likeness, fitness statistics and biographical information) ("Content"), in any media now known or hereinafter devised, in such manner, for such purposes and with such frequency as Company shall determine in its sole discretion, without further compensation or consideration to, or authorization by, me.

2. I acknowledge and agree that the Performance and Testimonial shall constitute the sole property of Beachbody, and along with the Content may be used and displayed by Company without restriction. I hereby waive all rights of inspection or approval with regard to any use of the Performance, Testimonial or Content by Company. I further acknowledge that nothing herein requires Company to make any use of the Performance, Testimonial or Content.

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4. I expressly understand and agree that my activities related to and involvement in the Performance, and/or use of any Beachbody products may involve potentially dangerous and physical activities that may lead to personal and/or bodily injury, death, or damage to or loss of property or privacy. I hereby acknowledge and willingly accept these risks and agree to unconditionally release and hold harmless Company from and against all claims, suits, causes of action, costs, expenses or liability arising out of or related to my involvement in the Performance and/or use of any Beachbody products.

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6. I warrant that I am eighteen years old or older, and competent to contract in my own name, or if applicable, on behalf of my minor child. I agree that this Release shall be deemed to be entered into in the State of California, U.S.A. and shall be governed by and interpreted in accordance with the laws of the State of California, U.S.A. without regard to its choice of law provisions. In any action relating to this Release, I irrevocably consent to the exclusive jurisdiction of the State and Federal courts located in Los Angeles County, California and expressly waive any objection thereto. I waive all rights to a jury trial of any claim arising out of or relating to this Release, including the use of the Performance, Testimonial and/or Content. I have read this Release before signing below, and warrant that I fully understand its content.

Signature Mechelle Wiesenthal Email serendipitykids@cox.net Phone (623) 760-2792

Name Mechelle Wiesenthal Minor child (if applicable): \_\_\_\_\_ Date 7-15-13

Address 40319 N Justice Way City Anthem State AZ Zip 85086