

## This is My Isagenix Story

I am an Ironman Triathlete ~ this being my 6<sup>th</sup> Ironman competitive season. For those who may not know ~ an Ironman event consists of a 2.4 mile swim, a 112 mile bike ride, and a 26.2 mile run. I was having a pretty good season in 2009 and had won my age group in 2 Olympic-distance and one half-iron distance triathlon this year and had also placed well in an Ultra Marathon and three regular Marathons. But with my 6th Ironman Triathlon approaching at the end of August ~ I was looking for that extra edge in my health, energy, and recovery time from workouts. I'm 47 now and throughout this season it has been challenging to get my body into the competitive condition I wanted it to be for this event. The things I used when I was younger just didn't seem to work anymore. I also wanted to take off about 8 lbs which I knew would work toward that competitive edge.

Then a friend of mine, a fellow runner who had experienced success with the products, introduced me to Isagenix. At first I was skeptical and a bit resistant to giving up my morning coffee. Eventually I decided to try the Isagenix Nutritional Cleansing System. Ironman Canada was only 7 weeks away and I ordered the Athlete's Pak (1 Cleanse for Life, 1 Ionix, 2 IsaLean Shakes, 1 IsaPro, 36-count of Want More Energy) and one extra bottle of Cleanse and got started.

Each morning I started my day with an IsaLean Shake with an extra scoop of IsaPro. If I needed it ~ I ate an IsaLean Bar during my workouts along with the Want More Energy electrolyte drink. After working out I had a midday meal consisting of 5 ounces of chicken or fish, vegetables, and half a sweet potato. For dinner I had another Shake with additional IsaPro. I drank one oz. of Ionix in the morning and evening and 4 oz. of Cleanse for Life Drink every night.

The results were immediate. My energy went up, I slept better, and I recovered faster from every workout. At the end of a few weeks I lost 10 pounds of unwanted weight. I continued using the Isagenix products and when the day of the race came, I was right where I wanted to be. I felt confident and strong and I had an amazing day!

My time was thirty minutes faster than the previous year ~ finishing in 11 hours and 27 minutes ! I placed 3<sup>rd</sup> in my age group which qualified me for the Ironman Triathlon World Championships in Kona, Hawaii ! This is a goal I had aspired to for years !

I continue to use 2 oz of Ionix per day and the Shakes as part of my physical recovery program. I usually recover fairly well from these events ~ but have recovered exceptionally fast after THIS event with very little muscle soreness **and** the ability to get right into my training for the World Championship event.

Isagenix will always be a part of my healthy lifestyle and nutrition plan.

Patty McKerney ~ Bonney Lake, WA

