Body by Vi Challenge

http://www.bodybyviplan.com/wp-content/uploads/2012/06/BodyByVi90daychallengeLogo.jpg

The Body by Vi challenge has proved to be an incredible experience for so many people across the globe who have decided to give it a go, and is now the number one weight loss program out there. Offering encouragements and rewards to entice those that are perhaps a bit hesitant, Body by Vi has led countless people to not just lose their desired amount of weight and increase their fitness and health, but has also given out cash rewards of $1000 dollars and other prizes for the determined individuals who have reached their desired goal.

The idea is simple. You sign up as a member, state your goal, choose your kit, and enter to win. The goal is meant to completed over the course of 90 days and Body by Vi provide specific and relevant products such as their ‘delicious and nutritious’ Vi shape shake. But these products also extend to meals that could, as well as provide essential nutritional ingredients, save you money. Does it seem too be true? Well, you’re just going to have to see it to believe it.

https://www.google.es/search?q=body+by+vi+before+and+after&rlz=1C1CHMO\_en-GBGB469GB469&source=lnms&tbm=isch&sa=X&ei=ErgtU8jWIqSM0AXo3oD4Ag&ved=0CAkQ\_AUoAQ&biw=1517&bih=741&dpr=0.9#facrc=\_&imgdii=\_&imgrc=H1qAvzFuy\_NkeM%253A%3Bce5DIcnXvuVE\_M%3Bhttp%253A%252F%252Fjoinbodybyvi.net%252Fwp-content%252Fuploads%252Fbody-by-vi.jpg%3Bhttp%253A%252F%252Fjoinbodybyvi.net%252F%3B490%3B530

It is the same person believe it or not. But the participants of this program are not there just to lose weight, but also to build up muscle, tone up, and just get healthy, so whatever it is that you want to achieve, you can do it with the Body by Vi program. Just set yourself a goal, and provided you are determined to work towards it Body by Vi will help you along until you achieve it.

So let’s just go back a step and see what this actually is.

Body by Vi is the product of a company called Visalus, who, after 7 years’ experience in the field of weight loss, have come up with various nutritional dietary plans and products centred around their shake that are geared towards your set target, be it weight loss, or muscle building. So, if you want to lose weight you would choose with help from Body by Vi which plan and products to use; for instance the ‘shape kit’ if you want to shape up, or the ‘transformation kit’ if you want to transform your body, and each kit contains the required dietary needs for you to do so, for example someone who wants to build muscle will use a plan that heavily includes protein – something that you will avoid if you want to lose weight. Now, these are products that you will have to buy, but as an encouragement, Body by Vi have many prizes to give away.

These prizes range from $1000 payments to some high achieving participants who have attained their desired goal, to paid for vacations. You may ask why they are doing that, and what has that got to do with my health? Well again this idea is simple – it is an encouragement and a reward to those of you who put in the hard work and achieve what you set out to so, and that’s on top of the reward of actually achieving your goal. Or, perhaps, to some of you, it is a push out the door and an encouragement to start your program – I know that a nice holiday on a Caribbean beach would encourage me.

If you are still sceptical, then I recommend signing up and seeing for yourself the amount of prizes that are –and have been – given away. Visalus has set aside nearly $30 million towards prizes.

The body by Vi program has become the most popular fitness program in the world, and a clear majority of those users have come out satisfied. With professional advice and nutrition at ready access, it’s no wonder why so many participants have come out healthy, happy and satisfied. The Body by Vi program is gaining huge momentum with over 150,000 new members signing up every month to see what benefits they could reap.

As with any large scale fitness program, there are going to be some people who are dissatisfied with their experience, and to avoid doing so there a few things to bear in mind. Always remember that success should be driven by achieving your goal, weight loss, muscle building – whatever it is for you; do not try to push yourself too hard or work too little, as the diet you will be on is one that is built around an exercise program, and if you don’t do so then instead of helping you they could be bad for you; and this leads nicely on the last most important point: the diet is not going to do it for you! The program is not going to do it for you! Although you will be receiving all the help you need and want, the results are driven by your hard work and determination. Good luck!