

Hey ladies, it's Carly! We've met before... I've definitely slid into your DMs once or twice! I've been the virtual assistant here at NGFit for over a year now, as well as a client of Natalie's for three years- but *trust* me, I come from VERY humble beginnings.

Let me set the scene for y'all: It's the beginning 2023, and how do I ring in the new year? By getting my heart broken and dumped by a long-term ex-boyfriend, of course! I was a disaster, and the hardest part was realizing how much of myself I had let go over the years in this toxic relationship- my sparkle, my confidence, and any care I had about my health, fitness or the way I carried myself as a woman.

I'd grown up being relatively fit and very comfortable in my own skin, so when I took a hard look at myself and compared my appearance to what I looked like pre-relationship... It was a *brutal* reality check; I knew something had to change. Fortunately, a couple years prior during that lost season of mine, I got a job working at a nutrition shop (no, the irony is not lost on me), where I met Natalie.

I had been able to watch her grow this incredible business from the ground up, and I knew if anyone could pull me out of this rut, it was her. But, make no mistake, I was *not* an easy client! Having freshly entered my single era, I was going out every- and I mean *every*- weekend. Luckily for me, Nat taught me the magic of balance, intentional tracking, preparation, consistency and building a routine that stuck.

Slowly but surely, my progress pictures started to carve out and reveal my revenge body, and suddenly the months of hard work and discipline were beyond worth it! In just the summer preceding my big move to college, I had transformed into a whole new woman- all it took was my fairy godmother Natalie to wave her magic macro wand!

Along the way I found a love for all things fitness, and I've been able to combine my passion for cooking and culinary arts with my new lifestyle- whipping up macro-friendly meals and finding the best protein snacks (ahem, [@cafebycarly](#))! Today, I'm in the best spot I've ever been with my health (physical and mental), my confidence, and my body; my sparkle is back baby, and I have NGFit to thank for it!

Being a part of this team and community has been such an incredible journey for me. I am so blessed to have gotten to meet and form relationships with so many wonderful, strong women who inspire me to push myself every single day! I'm still a client of Natalie's, and I still give her a hard time- but I am constantly learning, growing, and getting stronger everyday!

I am the biggest proponent of the NGFit method; If you want it badly enough, you can do it too (you can even skip the breakup part if you want)! If any of you ladies ever have any questions about my transformation, the program, or anything- don't hesitate to reach out! See you on Instagram ;)