



Eva Sefcova

Secrets to Long Lasting Weightloss

THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
TRANSCRIPTS

EVA SEFCOVA

HOLISTIC FITNESS AND LONG LASTING WEIGHT LOSS

Shelley: Hello, Eva. How are you?

Eva: Hi, Shelley. I'm great. How are you?

Shelley: I'm doing good. I'm so excited to have you on the program and for you to share your wisdom with us.

Eva: Thank you so much for having me. I'm really looking forward to our fun talk.

Shelley: Me too. My first question for you, Eva, is you've experienced a pretty remarkable transformation with your own weight and physical fitness, please share with us about how you got started in fitness.

Eva: You know, Shelley, growing up in Slovakia in a communist country in a very small town, Kežmarok, we didn't have many opportunities for sport. But, as I used to live very close to the mountains and I spent most of my time and weekends in the mountains, I used to ski. So one of the sports, skiing I was really passionate about. When I turned 14, I continued with skiing just for fun, but I became a passionate dancer in traditional dance. Since I was a teenager I was really eager to learn about all aspects in nutrition, different supplements and exercise. Because we didn't have gym in my hometown, I was working out in my bedroom with Cindy Crawford.

Shelley: Wow.

Eva: Those are funny memories and it shows you how you can keep things very simple and fun. I left Slovakia when I was only 18. My first trip was to England where I couldn't wait to try my first cheeseburger and fries. Maybe you are really surprised why cheeseburger and fries. Well, in Slovakia back then we didn't have McDonald's and fast food and it was so exciting to hear from TV and radio and go and try it. I will never forget my first bite of cheeseburger. I was so disappointed because I was expecting intensely amazing taste. But I was really happy I could try it because it was always on TV.

Ten months later of trying different fast foods, I had to go back to Slovakia because I had incredible pain in my abdomen for several months. After return to Slovakia, I was treated with antibiotics, first round of antibiotics, second, third round and by the sixth round of antibiotics I finally got pain-free. Even in that age, I was a teenager I was pretty worried about that because to be on medication in such a short time and so many rounds of antibiotics, it was pretty intense.



When I finally came to Canada, I was so excited to see all the gyms and many different opportunities we had here. Probably you know that Canada is such a wonderful country with lots of different choices. I just want to highlight that we live in a country with such abundance everywhere and we should really value freedom of our choice.

For me, it was so great to pick something that I always wanted to do, but I had no tools for it. So after joining a gym, I was approached to compete as a fitness athlete. Well, I gave it a try and I won my first competition, I earned my first professional card. The first time I felt like it was just pure luck. You know how we second guess ourselves sometimes? So I tried my second competition and then I tried my third competition, I still placed in top three. This got me really motivated to learn about health and fitness even more.

Shelley: Wow. Obviously, when you take antibiotics, the food just absolutely disagreed because you were coming from a place that didn't have cheeseburgers and all these kinds of, I guess, what we would consider more of junk food of our culture. So it made you actually that ill. That's shocking.

Eva: Exactly. I was raised on farmed food. We had a small farm or my grandparents had a farm. They had animals. They had a big garden. Everything was made from scratch. I think it would get everyone's body into big stress and shock if you go from really clean food into fast food.

Shelley: Wow. That's amazing, to have someone go from that to that and then having six rounds of antibiotics. Obviously, then that affects -- you have to start now from scratch.

Eva: Exactly.

Shelley: So this transition, you went from really being passionate about fitness -- obviously, you were aware that fitness was something for you to focus on; at a very young age, you were working out. What inspired that inspiration in you?

Because for you, you didn't have a gym; but here you were, finding some way to work out in your bedroom. That inspiration is not common, if you could just share where that inspiration came from. Obviously, it guided you from that transition from competing into coaching others and helping them with their fitness and succeeding in their health goals.

Eva: Since I was a child, I really wanted to be a Phys. Ed. teacher. Even when I was working out in the gym here in Canada, people always approached me to -- they asked me if I was a trainer and if I could give them any suggestions to stay in shape.

I was good with preparing my own meals and good with working out, but I didn't have an answer behind it. I started to work as a personal trainer and I have loved it ever since. Fitness is not only to learn to basic points and apply it, but fitness is something that we have to learn about every day of our life.



The transition from competing to coaching started when I became curious about everything that I was doing and why I was doing it. Sometimes we get in our lives the point where we feel like there is no answer for us, but we go and look for this answer, we search for it. So for me, seven years ago everything was brand new and I was doing whatever I was told to do. I was eating whatever I was told to, I was training the way I was supposed to until I was able to see different approaches in fitness.

For myself, I really enjoy exploring many options and discovering new things. I began with body-mind nutrition certification and right after, I started with David Wolfe's Raw Nutrition Certification and this led me into many, many new realms of nutrition people are usually not exposed to in fitness world. I began to implement different super foods, I exchanged protein sources. I added cleansing, I added bacteria or herbal tinctures, and I switched 100% over to spring water that we collect in Canmore here in Canada.

I think all of us we need the essentials, like water, sleep, air and daily movement. But when we go for small changes in our nutrition, fitness and consciousness, and I love how David Wolfe says it, "we do upgrades into our lifestyle."

Shelley: Because you understand the body so much, because you understand fitness and how these are actually foods that actually complement becoming our optimal selves, these are foods that are here to serve our success when it comes to our health. I want to talk to you a little bit about what you define as success when you're coaching someone for fitness and what gets you excited about that.

Eva: Success to me is not how much weight somebody lost or if somebody's getting ready for competition, how lean or good they look, but whether they enjoy their journey and what they learned from that journey and most importantly, who they become through it. As I mentioned earlier, 15 years ago I was suffering with abdominal pain and I was suffering with migraines, low blood pressure and I was overweight. But for me, the weight didn't play a big role because I didn't see myself overweight.

Five years later, I got introduced to a company, Herbalife when I literally took a risk and invested all my two years of savings into supplements. I thought for myself oh my gosh, if I don't sell all these supplements, I think I'm going to eat it for rest of my life. But a few weeks later, actually people noticed that I was losing weight and I looked healthier and happier. At that time, I didn't realize it until my headaches were gone -- I would say forever -- and my pants were getting loose, literally they were falling off me.

For me, the weight was just a bonus. I got rid of my migraines and my blood pressure was perfect. As I said, the weight was only bonus. I think that's why I tell everyone that scale is not important. What is important, the way you feel or the way you see yourself, the way you approach life daily not just for two or three months. When you are happy, the weight is only wonderful side effect.



I think when you see yourself successful, you become successful. When you see yourself healthy, the health and healthy people are just drawn to you like a magnet. When you see yourself as beautiful, all becomes so colorful. When you see yourself or everyone as a soul, nothing and no one can change your perception. I love Louise Hay; she says it beautifully. When you decide to start, let's say, save money what happens you actually may lose your wallet so you think, "Oh my gosh, I'm trying to save money but I'm losing money." The same thing might happen with such tremendous focus on losing weight, you actually might feel like you are gaining weight. That's why I think we should just let go. You can see the first shift happening in that.

Shelley: Wow. Thank you. That's an important distinction. It even just took me into different dimensions of where one's focus is and how that affects the outcome. I just thank you so much for that distinction that if your focus is on the weight, what really are you thinking because if your focus is on health -- and ultimately that's what our summit is for is to work with a holistic model and why we love your fitness program so much because your perspective and how you coach people is to see the bigger picture.

What have you learned about bringing this type of success out in your clients, Eva?

Eva: I learned that it is very important to change one step at a time and to not overwhelm people with too many changes in their nutrition and lifestyle. I've been there; when I came and I tossed the plan on the table and I said, "Here, you do it." My East European background is used to lay everything on the table and this is the way we do it. Here, we don't play games, but we work.

The lesson I've learned is to live life like a child. When I was about nine years old I was so passionate about skiing that every day off or weekend when I went to the mountains, I woke up early morning at 5 o'clock, got my breakfast, got my lunch and there I went. One day actually when I went skiing I got bitten by a dog in my leg; but I just was so focused on the skiing and I really wanted to go so me and my neighbor, my girlfriend neighbor, we went skiing together.

At that moment, I really didn't care about my leg. I didn't know what's going to happen. I just wanted to enjoy that day in the moment so me and my friend went skiing. And actually, the same day we got forgotten by our coach or our team in the mountain.

Shelley: Oh my god.

Eva: It was so interesting because my parents were terrified. We didn't have cell phones. They were terrified I was bitten; I was forgotten in the mountain. But finally, one of the ladies she brought me home and even my friend. As I said, I really didn't care what's happening at that moment.



The point I'm trying to make is that in child's eyes nothing is a big deal. Everything was so pure and magical at that moment. Keep the flow of magic in our life. Let's try to see the good and let's not focus on the bad things.

I had all incredible influences in my life, like Louise Hay, David Wolfe, Larry Wayne and many more, including my husband. I learned that looking at life as a game is very important. So let's make it fun, easy for the rest of lives. The main goal for anyone listening is not to be going back and forth on diet. Just the word "die" in this word makes it something that we should get rid of from our lives. Now I will get back to your question, Shelley, what I learned. I learned that we should stick to a healthy nutrition plan and daily movement and make it enjoyable and fun. We don't have to train every day very intensely. What is important is that we don't sit at our desk for hours and hours, but we make sure that we get some kind of movement every day.

Shelley: Beautiful. That's just it. That's one of the things that comes to mind so much is just the people that have succeeded, that's what I've noticed is they take those small steps. It doesn't have to be like training for the Olympics or training for competition, it can be like that one walk they do, that one trail, that one park that they go to. It gets everything moving, changes perspective.

I love that place you're coming from that you make it fun. You take the "die" out of it. I'm so glad you covered that area because it's true. For our listeners, what would be your top three nutrition and fitness tips to get people to succeed in their weight loss and obtain their holistic health goals? What could you offer us today?

Eva: That's a great question. Thank you for asking that. I'm going to get to training first. The first one would be before you eat, go and hunt. Maybe you're asking what I mean by this. Many years ago people didn't have food until they went hunting and they caught an animal or they got herbs or veggies. Even if I just go back to my grandparents, they were farmers. They had to raise their animals. They had a garden. They had to have their own veggies. All summer they were working hard just to get supplies for the winter.

So just want to show that we are so blessed and we have access to everything. We have all kinds of foods. We don't have to go hunting. We just can go and eat, but we have to make sure we do our daily movement as well.

The second one would be train your body with different workouts, not the same routine every day. Our bodies are so amazing, they're so smart and they can adapt very fast to each exercise. Everyone... we are slightly different. Something that works for me may not work for you.

I will emphasize it through our talk, what is very important, do something every day. Many people are intimidated by gyms or big crowds of people or even think that gym is full of thick people, but you know not necessarily.



I want that every listener can find something that will suit your needs, like rock climbing or skiing, squash, biking, soccer. There are so many different opportunities.

If you would like to join a gym or any fitness center, most of them they have not only cardio machines or weights, but they have all kinds of balls, bands, ropes, bars and you can have all kinds of different workouts designed by your trainer. It is not only about pushing and pulling machines and dumbbells but moving in different real-life situations, balancing and stretching.

The third one, the third training tip would be don't over train. Use your intuition to determine how much your body really needs. Those would be the three training tips. Now if I get to nutrition, I really love a saying from Jim Rohn, "Take care of your body, it's the only place you have to live in." It's so true.

Our body is our temple, why don't we treat it that way? The number one nutrition tip would be healthy eating is as important as working out. As I mentioned earlier, not just working out, but nutrition plays a big role in being healthy and nutrition is so crucial.

What I found with myself is that if I eat healthy and don't work out, I still can lose few pounds of weight. But if I eat whatever I want and I do work out, not necessarily I have to lose those few pounds or it's a little bit harder. Again, everyone might be different. But for myself, I can see that nutrition is crucial. I go for nutrition because I would find it's 70% nutrition and then the training as well.

The second one would be keep your body really hydrated and nourished. It is so important to hydrate with pure water. Spring water is such a refreshing and beautiful gift from our Mother Nature so let's use that. Have spring water, nourish with spring water.

The third one would be I would say the most important, don't feel guilty about eating foods you eat. We like to call foods good or bad. They have no name. Don't label food. Even food has an energy and we eat it and call it bad, it becomes bad with our thoughts and emotions. So if you eat something, bless it and say a prayer.

Again, back to my grandparents, I remember before they ate their meal they said a prayer and thanked for abundance they have in their life. Even if they have just a little, they were farmers, they had little, but for them it was a lot.

Shelley: That's so beautiful. It's so true. It's so true when you can go to that place where you're making what you're eating -- you have some reverence for it. You have a moment with it of awareness and where it's coming from --yeah, so important, so forgotten in this culture.

My next question is I've heard so much about the reasons for exercising, what would be something unique in your experience about why we should exercise?



Eva: We exercise to move our body fluids, such as lymphatic tissues and blood. Through exercising, we release the motivating and emotionally sustaining hormone, dopamine and we increase the release and sensitivity of happy hormone, serotonin for the next 24 hours.

A small example, my husband and I were in the mountains for the weekend and at that time I was getting ready for one of my personal training exams. It was freezing cold outside, about negative 30, and we had fireplace going and it was really cozy inside. We didn't feel like to go out, but we felt like we should go and do something.

So we got our snowshoes and we went out for an hour. You know, you should see, we felt so alert, we were happy, we had good laughs and I was able to study for so many more hours. Sometimes I know it's so hard for us to get going; but when you do, you feel good about your body and your mind and even in your soul. Without movement, we are not getting rid of toxins from our bodies. The result is poor sleep or water retention, increased fat, imbalanced hormones, sore joints, acidic body and so much more.

So I would say the results of movement are so much more than we normally hear about in media when everything is focused on our image, in calories and the quick fix. The layers of releasing toxins from our joints, lymph, brain, organs and tissues goes far beyond just the surface and we always hear about that. You feel better in your mind, better in your body and your spirit and you look at everyone differently. You experience yourself and others in a more loving way and you literally experience life in a more enriched way.

Shelley: Beautiful. Thank you for sharing. My next question for you, Eva, is someone who does a lot of exercise who knows the benefits on a holistic level, do you think exercise can not only make your life longer but help maintain your ideal weight?

Eva: Yes, definitely. I wouldn't say that exercising makes life longer, but for every person it might be slightly different because of the factors where they live -- the stress, the environment and pollution. For stress, I'm not talking only about mental stress but as well about physical and emotional stress. It is very important to get yourself grounded. I know it is not always possible in this freezing weather like we have here to walk with bare feet. You know when you get connected to earth, you will feel more balanced and energized.

Even my grandma, she just turned 90 in January and I believe her health and longevity is not only through eating fresh foods, but grounding herself daily. I really admire her because even if she's 90, she still can be working in her garden for six hours daily and she's bent over, her hands are buried in the earth and this is the most perfect grounding she's getting.

Even a few years ago, she was climbing a tree in the garden to pick up some pears and she fell off the branch -- we were watching her -- she dusted her pants, kept climbing the tree again. It was amazing.



That woman didn't break her bones. And until this day, she doesn't need glasses, she walks stairs every day and her mind is sharp and clear. My grandma is not standing on the earth to be grounded, she probably doesn't even realize. She's getting her veggies and taking care of her garden and she's doing what she likes. At the same time, she's getting the benefits of grounding. This is really important.

If I give you an example of a person who is over training or training on daily basis very intensely, the person is not doing better for themselves. Our bodies need some time off not only of mental stress, but as well of physical stress. Again, if I could, back to that person who's training intensely every day for a long period of time, they might be at risk of injuries, high cortisol levels and they have much greater possibility of aging faster. I can see it quite often in the gym and in the fitness world. I've seen clients who over exert themselves in the gym and they are stressed in their lives and don't get the proper rest and despite the fact that they eat perfectly, they still gain weight.

I have another example of, let's say, a young woman who trains hard every day for an hour or two. She does climbing and hiking then she goes and does yoga at night. At that time she might find that yoga or hiking is really relaxation, but in a few years she realizes that there are a few extra pounds on her body. Maybe you are asking why. She's eating perfectly, she's working out every day, and still there is an extra layer of fat.

Her body has been in constant stress over the past few years. Sometimes it doesn't even have to be a few years, it might be only a few months and the body starts to respond. When it's your body in constant stress, you are producing cortisol, the stress hormone, and it starts to build unwanted fat.

We should remember, it's so simple: do something every day but don't overdo it. Many times I hear questions, like how do I know if it's enough.

My answer would be just listen to your body, your body is always right. Have a great workout or bike ride, or swim and feel good about something that you've done for your body. Eat healthy. Eat healthy and nutritious food and have happy thoughts. Maybe you think okay, happy thoughts, it's not always so easy to have happy thoughts. Sometimes you might think it's so hard to have happy thoughts if life is not the best; but try to find, even in the worst situation, a reason or a piece of the puzzle.

At this right moment you might feel like there is no meaning to it or I don't know why I feel like that or what's happening. But in the next few minutes or hours or maybe few days, you will find the purpose of this situation, what's happening in your life.

Earlier we were talking about over training and I see it all the time, saw women who are competing quite often lose their menstrual cycle and maybe you're asking, why is that?



Number one is over training and number two is drastic change in nutrition. We can easily influence our hormones with training. Over training is such a great example of where you can lose muscle or get osteoporosis because the woman's ovaries are no longer producing estrogen and this can be so easily avoided. On the other hand, I have many people asking me, "I want to do one training session and I'll do this workout for a month and then I'll get back to you."

We need to understand that our bodies adapt to certain exercises very quickly and you may not have results from that one routine. In real life we don't do only one movement every day, but we move around. We are bending over, we are squatting. We are lifting things up and down. We are moving right to left.

This is not only about lifting heavy weights and training hard. It is about different variety in training, balancing and stretching or climbing the stairs. We were talking about nutrition. Nutrition plays a big role the same way like training does. If you are not eating healthy, don't expect huge results. I get common question all the time: "I train my abs every day, how come I still have a big stomach?" I think the first thing would be you're not supposed to train one muscle every day and the second one, your abs are not made in the gym, they are made in the kitchen. That one is an interesting one.

With training, you are really strengthening your body and growing the muscle but not necessarily getting thin. Nutrition and cardio training is very important as well. As I said earlier, in the past, people had to go hunt before they ate. In our modern society, we eat even without putting any energy out, without burning any calories.

For our muscle growth, we need proper nutrition. I know probably you think usually younger people can grow muscle much easier than those who are older. But good nutrient digestion, absorption, utilization and excretion can help muscle growth. Let's say even we take an example of 20-year-old and 40-year-old, not necessarily the 20-year-old might -- easier to grow muscle, if he has no good nutrient digestion, absorption, utilization, excretion. Many times I see 40-year-old, they get everything in the proper nutrition and the muscle is growing way faster than even the 20-year-old.

Shelley: That's great to know that it's not an age thing.

Eva: Yeah, exactly.

Shelley: Our ideal weight depends -- nutrition and exercise, there's this balance. Like you're saying, it involves cardio when -- someone who trains in a gym, you yourself know it's not going to be in the gym that you get your ideal body.

Eva: Yeah.



Shelley: Thank you. You've brought up several times that one's state of mind is so important in creating success. I think I see that as an underlying thread throughout all of your points of how holistic health, holistic fitness, how this works for us reaching our optimal state. What would be some of the most significant jewels of wisdom you can pass on about your experience in this area, both personally and professionally?

Eva: Weight loss is not only about the physical body, it is about nutrition of course, your thoughts and emotions. I think if your mind is full of clutter, you may consider not only taking care of your physical body, but going within. Many times people are eating perfectly, working out on a regular basis and their weight is still the same. I just ask, have you released the thought: I'm fat, I'm ugly or I don't like myself? I think it's really a good time to let go of our past and feel your body and mind in the present and say to yourself: "I'm beautiful, I'm healthy and energetic."

For all of you who are listening, you probably heard David Wolfe or Daniel Vitalis talking about spring water. For me, it was a significant change. I'm not sure if you heard about Dr. Masaru Emoto. He was doing an experiment with water. For those who didn't hear about the experiment, he puts a few drops of water into a Petri dish and put intention into the water. Let's say he says words like "thank you" or "I love you." He freezes the water then he puts it under a microscope. You should see those amazing crystals. It is really profound what our thoughts can do to water because our body consists 70% of water so did you think what our thoughts can do to your body?

I will say it again: it is time to let go of your past and see and feel your body and mind in the present as I'm beautiful, I'm healthy and energetic. I have a great story as well about my friend. One day she asked me -- just to let you know that she's very active, she does everything what she's told to, but her husband is not exactly the same type. He doesn't like to work out. He doesn't like to eat healthy.

She says, "You know, I even prepare his meals. I want him to eat it, but he doesn't want it." So I said can you imagine yourself, let's say he is a big hockey fan and he asks you every single day, let's watch hockey together or every Saturday, Sunday, let's go for a game, would you like that? She was kind of thinking, she says, "No, I wouldn't because I don't like hockey." I said you cannot expect him to change something because you want it.

And so, she was thinking about that, she went home and in a couple of days, she said, "Eva, you won't believe. Actually, I didn't prepare his breakfast and he was asking me, 'What are you doing? Can you make me one?'" She was doing shakes.

He asked her. First time that he wants something. So the key was that she stopped judging and expecting her husband to do things, what she desired. It wasn't his desire, it was more hers and she just stopped doing that -- one small thing.



Shelley: This is something. It brings up something for me because I've had people say to me, "I used to be so in shape. I want my body back." In your perspective, so you're saying just be in the present, don't judge, just --

Eva: Exactement.

Shelley: Okay.

Eva: It's so much easier. Sorry to interrupt, but just to get back to my friend, actually a couple of weeks ago her husband emailed me and he asked me if I can prepare his nutrition. A few months ago she says, "There is no way he's going to ask for nutrition plan," and I said, "Just let him be, he's going to decide."

So when I got his email, I was just wondering, I wonder if she pushed him or maybe he decided. The next day she calls me and she says, "You know, Eva, he came and he asked for your email address and he said he's going to email you." This is such an amazing change.

Shelley: That's the thing: a lot of our listeners are caregivers, mothers that want to give their children good food and this is such a good tip for them. Don't judge. Don't even prepare. Watch it unfold. Watch them come back and say, "Hey..."

Eva: That's beautifully said.

Shelley: Thank you. Thank you for that, Eva.

I would like to ask just a few practical questions. I know we talked about top nutrient and fitness tips, but I want to get into some details that someone could apply today if they walked away from this talk with you, if you could recommend a certain food or ingredient to avoid if they're wanting to lose weight, what would that be and why?

Eva: I want to go to the realm of food, but I will get into water.

Shelley: Beautiful. Thank you. Go for it.

Eva: I experienced a dramatic change a few years ago when I was drinking tap water or Brita water and my body didn't respond to any foods or any healthy choices I made. I just switched from tap water or Brita water to spring water and my body was back on track within a few days. It was amazing physical change and it brought my memories to my childhood when I was collecting water with my parents and my brothers. Back then, I enjoyed it. But when I moved abroad, I wasn't even thinking about it. But now, I feel like I'm back in my early age.

Shelley: That's so beautiful.



Eva: Just that simple step, just changing the water, tap water or any water you drink into something natural like spring water.

Shelley: Yeah. And for anyone listening that didn't hear, Daniel Vitalis shared the website findaspring.com. It's a global map. If you can't find a spring near you, there could be one a short distance from you that you could definitely go and collect.

That's beautiful. Thank you so much, Eva. If you could recommend then a certain food or ingredient to add, you just talked about adding; so avoiding the tap water, adding the spring water. Would there be any supplements you would talk about for someone or a super food because you work with super foods?

Eva: I like to make things very simple. There are different thoughts about and ideas about special food. But for parents or a person who is extremely busy in their life, I really suggest very simple solution: eat colorful foods, like veggies and fruit. Eat food Mother Nature gave you or is providing to you, not man-made food. The more natural you can get the better.

Maybe you're asking, why fruits and veggies? It's so easy and simple, without any excuses, like I didn't have time to eat. The fruit keeps your blood sugar nice and even during the day and if your blood sugar is even, you won't be snacking on unhealthy and high-carbohydrate meals. I would suggest as well fermented food. In East Europe, back then when I was living there, the fermented foods are almost daily food. We were eating sauerkraut, pickles and kefir with almost every meal. Back then, I wasn't even paying attention to it because I was eating whatever my mom put on the table; but now I see our ancestors knew what they were doing. I guess every culture has their own curing food. As we know, fermented foods are great for our intestinal flora, digestion and so much more. So happy gut, happy thoughts, right?

Shelley: Yes. Also, making sure it's not pasteurized because now they pasteurize, so finding those unpasteurized.

Eva: Yeah. Just make it at home, it's so simple.

Shelley: So being the fitness expert that you are, if you could recommend one physical exercise or activity to our listeners to help them lose weight, what would that be?

Eva: Wow, one physical exercise? Okay. My tip or suggestion would be don't do every day the same thing. As I mentioned earlier, it is really good to bring into our life variety because in real life you are not doing only one movement, let's say like walking. Pick each day slightly different exercise, like stretching, biking or anything different, just follow your heart.

Shelley: Beautiful. Any other techniques or practices you would advice to help further support the holistic weight loss process?



Eva: I'm going to go again back to your heart. I heard so many times why do you lift weights, why do you do yoga, why do you do this kind of training? I just find that everyone has certain desire. Everyone has different hobby. Do what you love but with moderation so you feel good about yourself and you feel good about your body no matter at what point of life you are because there is so much more to come.

Shelley: Thank you.

Eva: Thank you, Shelley.

Shelley: This has just been an amazing interview, Eva. I'm just so grateful that you're a part of our expert team here. Your insights, your wisdom is going to be a catalyst for many people to be able to lose weight, reach their optimal health and to live to their potential. So thank you so much for being here.

Eva: Thank you, Shelley. Thank you for having me. It was so much fun and I'm looking forward to our next talk.

Shelley: Yes. Thank you so much. Have a beautiful day.

Eva: Thank you so much.

Shelley: All right. Take care. Bye now. Bye.



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