

## Maria Jatto

My name is Maria Jatto and I was raised in a Polish and Sicilian family in western New York. Based on this information, I'm sure you understand I was well fed growing up.

My weight loss journey began in 2017. I was 333lbs. I was suffering from pre diabetes, high blood pressure, and various ailments that were degrading the quality of my life.

My husband took me by the hands and told me he wanted to have a good, long life with me and that I needed to make a change. It was that day I made a choice.

Since that day I've been able to lose over 170lbs. Weightlifting and bodybuilding has become a passion I never anticipated to have in my wildest dreams! It has been the most amazing part of my journey and I hope it inspires other people to get up and get moving. It's never too late.

Other than the weight I've lost, the biggest transformation I've experienced in my journey is the internal shift that brought me into alignment with my highest potential.





