



Our lives are really about opportunities and decisions. When something or someone crosses our path and we realize that there's something there for us, if we just make the personal decision to engage, it will forever change us.....

My introduction to Ingo Loge was through a large business event our company hosted back in November 07. He was a last minute addition to the line-up but ultimately he had the largest impact on our audience and on me personally. After seeing him on stage and having the wonderful opportunity to get to know him off-line, I knew that I needed to get plugged into whatever it was he had going on (decision). He showed a real passion for making a difference in peoples lives and today I'm proud to say I'm one of his privileged clients whose life has forever been dramatically impacted.

Little did I know that the keys to what he had to offer were "three words"...nutrition, hydration and sleep! Simple words but they are words that most of us never take time to consider. Or consider how they work together to bring about real change in our mental, physical and spiritual well being. Is there more to it than that...sure...but here's what I've come to know and realize:

Working with Ingo

It's critical that you work with a professional in any endeavor you might be involved with. Even more so when we talk about our personal Health, Fitness and Nutritional needs. Ingo has all the training, education and certification you'd want in someone you'd turn your well being over to.....but even beyond that.....

It's important to understand that I work with Ingo remotely, as in 2000 miles away!! The way he structures his boot camp and the way he systematically educates his clients provides an incredibly flexible program. All of the resources you need, the information you need, the recommendations you need are all provided in a way that is not overwhelming. For the first time in my life I have an appreciation for food and fitness and overall well being. I've always been athletic but never realized that staying in shape and staying healthy could be this enjoyable. I recently turned 45 and have not felt this good in 20 years, with this much energy and clarity of mind...at a time in my life when all the stressors are peaked, I'm able to keep those stressors in perspective and they no longer have the physical or mental impact on me as they once did.

As the saying goes....."Most of us spend more time planning a two week vacation than in planning and taking care of our lives" Do yourself a favor, invest your time with Ingo and you'll have more time to invest in life!!!

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