

# You Are Unique



**"As a unique person, you require different amounts of food than the person to your left or right. You have different tastes, health issues, family challenges, schedules, abilities in the kitchen; and you burn fat at different rates than others do. A lifetime approach to trim and healthy requires an understanding that our bodies will all react differently and the word *healthy* in this plan is every bit as important as the word *trim*."**

- Introduction pg. xx-xxi in the Trim Healthy Mama Plan Book

[Quote From THM Book](#)

[THM Plan Book](#)

Your journey is not your neighbor's journey. While it is important to run your race with friends beside you, you need to know that it is your race alone. Don't get caught in the trap of comparing yourself to others.

Your journey is not a race. Health is for life. Keep the right

focus in mind. If you focus only on the scale you will eventually end up frustrated. Focus on health and you will stay motivated regardless of whether the scale cooperates or not.

You are unique. You will run your race uniquely. The important thing is to run your race. Keep your focus on your health and keep on keeping on. ☐