

**Narration:** Alex has started her fitness journey by purchasing a gym membership

**Title Slide:** Alex joins a gym

**Motion:** Alex buying a membership



**Narration:** For the next 3 months, Alex goes to the gym every day hoping to get stronger and build up her muscle

**Title Slide:** Alex exercises

**Motion:** Alex on an exercise machine



**Narration:** Despite working out consistently for 3 months, Alex is not seeing the physical results she was hoping to see

**Title Slide:** Frustration from little to no progress

**Motion:** Alex looking in the mirror



**Narration:** Alex was advised from a friend to seek help from a personal trainer to find out what she is doing wrong

**Title Slide:** Seeking help

**Motion:** Alex talking to a personal trainer



**Narration:** Alex learns that she is not eating enough food to grow muscle and that she is working out too much that her body is not able to rest. Alex decides that she has some changes that she needs to make in order to reach her fitness goal

**Title Slide:** Time for change

**Motion:** Alex creating a fitness plan that includes her diet



**Narration:** Alex now knows she needs to eat more, especially foods that contain high amounts of protein

**Title Slide:** Alex starts eating more

**Motion:** pan to image of protein rich foods



**Narration:** Alex also is now incorporating rest days into her fitness plan

**Title Slide:** Rest days

**Motion:** Alex enjoying a rest day



**Narration:** After another 3 months of working out, eating more, and having more rest days, alex is now seeing the results she was hoping for and is very happy!

**Title Slide:** Seeing fitness progress

**Motion:** Alex happily looking in the mirror

