

The Little-Known SECRET I didn't know to Achieve My Ideal Body as a SHORT WOMAN!

I would never have imagined what power my height hides.

Hi, I'm Jennie.

And I've always been a small and fat- girl since I was little. I always wanted to lose weight badly but I couldn't resist the strong taste of sweets.

Whenever I tried to eat healthily, junk food would take over and I couldn't resist it.

Then, at the age of 17, one of my senior classmates and I decided to join fitness and start living a healthy life.

I finally had complete control over my food, but soon it all fell apart!

I noticed that my classmate made much bigger progress than I did, even though we ate the same, trained, and used the same program.

Eventually, I had enough of seeing no progress and gave up. I returned to my old habits again, but food controlled me, even more, this time.

I really wanted to take back control over food and start eating healthy again.

But it's hard when my sister brings cake home two or even three times a week because she works in a pastry shop. I want to resist her, but I can't.

I always tell myself that I'll only have one piece, but that sentence is repeated again and again.....

It's frustrating, but I'm still trying to find a way to overcome this and take control of my eating habits once again!

Then one normal day, I was scrolling through Instagram posts of fitness models and was a little jealous of them being so fit.

Then, I came across a post of April Whitney and I noticed that she's not that tall. I went on her profile and found out that April is 5'1.

I started asking myself, "How can she be so fit? Is it genetics or is it luck? What is her secret?" I was curious to find out what made her so successful in her fitness journey.

Then I went on her website and discover the secrets of my small height.

I joined her program and my dreams finally came true

I finally had control over my food again.

Throughout the 12 weeks in Petite PWR I dropped 10 pounds!

So if you want to discover the secret and the power of small height, April Whitney will show you the way [right here](#).