



Hi, I'm Elise!

I have **lipedema** and I have been struggling with its symptoms since childhood.

I am here to help other women with the same concerns as me:

Will I ever be well again?

Do I have the power to change my legs?

Where do I start now?

Have I done something wrong?

Me too: I have been a **thick thighs girl**, fighting with impossible diets and unbearable exercises

At 45 years old the diagnose was lipedema grade II-III, type IV. My knees did hurt so much that **I could no longer kneel down!**

That was my breaking point to get my act together and **take control of my life.**





MY 5 KEY POINTS TO OVERCOME LIPEDEMA

1. *Get passionate about food again*

Healing my body from the inside.

2. *Take care of health & self-esteem*

Being aware that my well-being depended on me and my achievements.

3. *Create new routines from scratch*

How I managed, being an avowed sports hater, to become so fond of fitness that I even go to the gym on X-mas Day!

4. *Compression garments, the unknown*

How it became a 'must have' in my daily life, due to my physical well-being.

5. *Acceptance: from struggle to love*

Acknowledge that my body is different, but it can do amazing things!

MY 3 TIPS FOR SUCCESS

Move forward step by step

CREATE REALISTIC GOALS.

Be patient & compassionate

RESPECT AND LOVE YOUR LEGS, THEY TAKE YOU TO THE BEST PLACES IN LIFE.

Embrace a fresh lifestyle

FOLLOW THIS LIFE PATH TO ACHIEVE YOUR DREAM: A NEW YOU WILL BLOOM.

I hope you find my tips helpful to fight lipedema. If you have any questions, I am happy to help you.

*Love,
Elise*



"People change when they realize the potential they have to change things" (Paulo Coelho).



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