

I would like to share my opinion about your nutrition & fitness program that I participated in. I joined the program because I felt the need to get nutritional information to help break my bad eating habits and engage in more activity to lose a little weight and feel more energized.

This program exceeded my expectations in what I learned through your weekly approach. You started the process with a foundation and built upon that foundation by giving helpful tips for healthier eating habits and the importance of drinking water. Before this program, I felt hungry with the need to constantly eat. The recipes provided were not only easy and delicious but satisfying in curbing my appetite. I also felt better overall. Seeing your videos and on-line postings kept me interested so when I got busy and off track, it was easy to get motivated again.

Even though I have been an RN for many years and a recent credentialed Nurse Practitioner (wound care), I found your information very beneficial not only for my own nutritional guidance but expand my protein and vitamin/mineral supplementation counseling to my patients with healthier food choices and plant-based protein options to help heal.

Gorica you are awesome! I am very thankful to your never ending support and for the tools I learned. Truly anyone can benefit from your special program.

Cindy 49

I joined this program because I was starting to feel tired at certain times of the day. I hadn't changed my diet, which is generally healthy, or my exercise routine, and I was still getting between 7-9 hours of solid sleep per night. I knew I had to change something, but I didn't know where to begin.

My expectation of the program was to see if I could learn more about foods and what I was putting into my body. I thought maybe I wasn't providing my body with enough or the correct nutrients, or a combination of both.

I am very happy with Gorica's program. It turns out that I needed a "nutritional boost". I incorporated some of the foods Gorica suggested into my regular diet and it certainly has made a difference. I learned more about proteins, fiber, good fats and the importance of clean eating. I don't feel tired anymore throughout the day.

I highly recommend you join Gorica's program, she is very knowledgeable and a great motivator. We all come in different shapes and sizes, so whether it's for weight loss or nutritional information, she will address your specific needs individually and you will be happy you joined. I truly am.

MR 50

I joined the nutrition program as I was looking for a more personal program rather than a generic one. I'm very pleased with how much information was shared about the different foods we eat and should try to include daily in our diets. It was not just presented as "do this do that". The food choices we make were explained to help teach us the way they help each area of our physical and mental well being. I'm beginning my 10th week and I've enjoyed all the series presented. I do need to continue to work on certain things as we all do, however as a busy working woman I love the quick on the go breakfast, easy to make meals and the snack suggestions. I believe joining this program will be an asset to anyone's current stage in their life. The information you learn is priceless and is something you will use for the rest of your life.

Maureen 56

I love your program! I wasn't dieting or anything, I was just following the basic rules of the program. I lost so much weight that I thought something was wrong with me, however, I went to the doctors and everything is fine. Thank you for an amazing nutrition program.

SM 47

I have to say.... your style of nutrition coaching is incredible! I don't feel overwhelmed.... I don't feel like I am being deprived..... I am not being thrown too much information all at once.... you are always available to answer all my crazy questions.... working on a couple things a week is perfect and it's a great way to filter healthy choices into what I am already doing. I am so happy I signed up for this..... you are amazing 😊

DK 48

I joined the nutrition class to gain a better idea of a nutritional diet for someone struggling with middle age weight gain and a change in hormone balance. What I found very convenient for someone who has a busy schedule is having the video clips and guidance on line. Incorporating the healthy choices and recipes slowly and learning what health benefits each addition/choice had to offer. I even made my own binder of nutritional information and recipes shared throughout the program.

Ellie 53 😊

I joined Gorica's Zumba Nutrition twelve week program not to lose weight but to better myself healthwise. Weight-loss is the added bonus!

For those of us that are really busy, I found it very easy to follow and midweek check-in's are always encouraging and refreshing!

I journaled my progress and I still do after the eight weeks. Journaling was a big help to me, I actually got to see what I needed to improve on. I have learned a lot, check labels, I eat cleaner, I feel much better and am less bloated.

I eat more now than I ever had and that's due to all her nutrition recommendations. She provides you with her own created recipes. My family and I have found them delicious and still make them today.

If you want to learn to eat healthy and/or lose weight, I strongly recommend Gorica's nutrition program! I quit smoking about 5 years ago and gained 20 pounds and have been struggling to lose it since then.....until I started this program - now I feel

AWESOME and the pounds have started to come off 😊😊😊

It's an amazing program that is NOT overwhelming and doesn't leave you feeling deprived. You slowly work it into your current diet and it gradually becomes a

welcomed lifestyle change 😊

Diane 48

Her program was not only a twelve week program for me but a program I will follow for life!

SS 52

It was lucky that I have been taking Zumba with Gorica and this opportunity presented itself. For a long time I have been curious about finding a nutrition class or nutritionist to help me make better and more informed decisions about what I put in my body and what I serve to my kids regularly. When you are curious about starting something and looking around at your options you just never really know what will work for you or what's a good choice. From class, I knew that Gorica was a very motivational person as well as a kind soul and that she enjoyed helping her students, so I knew I wanted to try this program with her!

I was hoping to get some great recipes and helpful tips about the best things to have in my daily diet.

This program is great. I have learned so much. Much more than I realized I needed to learn. I liked to think that I have a pretty good diet already. And by diet I don't mean I'm dieting, I just mean what I eat on a regular basis. But what I learned was that there is a lot more to consider when making your food choices. There are so many more foods available to you in order to help get the right amount of protein each day or enough fiber, etc. There are all kinds of different foods that have these nutrients and

it's been so enlightening to learn about them. I love being able to go through the lists I've made and pick out different foods to throw into a salad or a nice dinner. I've even passed a few much healthier things off to my kids for dinner without them suspecting a difference.

Joining the program is a really great thing to do for yourself. It will help you feel empowered to be 100% in charge of what you put in your body and by doing that, empower you to be the boss of your health! Knowing your choices helps you to eat better and feel better.

Richelle 52

Thank you for all the wonderful tips and wonderful food recipes! Even if I haven't tried all of them yet, I will be. I don't get a whole lot of time to prepare meals, although I should actually take the time to do it but I have learned so much from all your videos and messages! I'm definitely more conscious of what I put on my plate. I'm losing inches and am delighted.

JR 50

I am liking your program so far and really sticking with it. It helps me think about what I am eating and to make good choices. I already feel so much less bloated although we are in week two.

SL 52

I'm really learning a lot from this program. I'm feeling really good with the food choices I have made, I have lost 10 pounds and have gained some extra energy too. Thank you for the fabulous recipes!

MM 51

I have loved all your recipes and look forward to more. It's funny because every time I cook something now my family asks me if it is a GORICA RECIPE! You are now a household name G! Thank you again for everything. You've got my whole family thinking about how and what we eat.

SL 50

I'm loving this program. I've been eating so healthy and am down 12 lbs after only three weeks.

Maria 30