

## Fitness Inspired Success Story

Before/After Pictures



Start weight: *189 pounds*

Present weight: *129 pounds*

### **Renay's Story:**

I would sit and watch a lot of TV and eat and didn't want to go do anything. I wouldn't eat breakfast then over indulge for lunch. Ate too much of all the wrong foods. After work I would eat and sit and then go to bed. I tried working out, but was discouraged because I just didn't lose the weight. I enjoyed snowmobiling, quad riding, and bicycling, but lost the appeal for that.

### **Motivation:**

I didn't like myself and I didn't like others. It was affecting relationships at home and at work. My family has a history of heart problems, and diabetes. I had already been diagnosed with high blood pressure and cholesterol and was reaching the 200 pound mark. My twin sister and I discussed it and challenged each other. We'd set dates of family functions and let the some of the relatives know so it would put more pressure on us to succeed. My family, friends and co-workers motivate me in continuing this with their comments and encouragement.

**The Plan:**

I started with more protein and no sugar and much smaller proportions. I kept a journal and wrote EVERYTHING down. I use the treadmill and elliptical after work and on my days off. I would try to exercise at least 4 days a week. I have a pedometer and set a goal of at least 10,000 steps a day. Now instead of sitting and watching TV I go for walks or runs at night.

**Goals:**

I wanted to be off all prescriptions – I accomplished that. My overall goal is to maintain between 120/130 pounds and remain active. I never want to be where I was. My daughter and I are planning on joining a few 5ks together.

**Advice:**

Figure out what would works best for you and do it. Don't keep putting it off and making excuses. It's amazing how much better I feel, I just wish I would have done it sooner.