

## Fitness Inspired Success Story

Before/After Pictures



Start weight: 244 lbs

Present weight: 167 lbs

**Trisha's Story:** My habits were very unhealthy. I was a three to four, 32 oz Mt.Dew drinker. There was never a day in my life that I didn't have a soda next to me. My diet consisted of everything and anything I was craving plus more. I was your classic overeater. The term "I'm full" had never entered my mind. My children would ask me to go out and play in the yard and I would refuse. I always blamed my asthma. My excuses were it was too hot or too cold to be outside. My activity level was zero. I would rather sit in the house and watch television and eat.

**Motivation:** My greatest motivation came from me! I was unhappy with my life and had made a life changing decision to better my life for my children and me. It was a big transition for us. My family's support helped us through that difficult time. Then when I was emotionally healthy, I knew it was time to make a change in my life. I knew I wanted to be healthy, but also feel good about myself. This process has made me a much healthier person!

**The Plan:** I exercise 6 days a week, with an extra trail walking with my youngest son. I do 2 days of strict cardio, 3 days of strength training and some cardio, plus I do Zumba 2x a week. My day is thrown off balance if I don't make it to the gym. When it came to eating, I had to totally change my mindset. I tried giving up the things I knew were unhealthy, but only craved them even more. Now I eat everything I like to eat but in a much SMALLER PORTION. Plus I read a lot more labels at the grocery store; which makes for a much happier me and no more binge eating.

**Goals:** My fitness goal is to start doing 5K races in the near future, to maintain a healthy workout routine and to bump up the intensity when my great trainer says its time.

**Advice:** Remember the word Mindset! You have to do it for yourself. If you change because someone else wants you to, it will not work. Getting your mindset on how you are going to eat and exercise is the most important thing! Plus find a support system that will encourage you and help you through those hard days! Never be afraid to ask for help if you're struggling. It has to be your attitude, intentions, disposition and inclination! **MINDSET!!!**