

## Fitness Inspired Success Story

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Start weight: 194 pounds April 2013

My weight: 154 pounds October 2013

I started working on myself after my now ex-husband and I had run into some relationship problems. I was going to EAP for counseling trying to deal with the issues at hand. My counselor had suggested to learn how to deal with the stress in a healthy way. She had asked me what I like to do to relax, so that had me thinking what makes me feel better when I am anxious. I remember that when I was in my early twenties and single I really enjoyed walking it had always help me clear my mind. So my counselor said anytime you are getting upset or you feel anxious, go for a walk to clear your thoughts.

So as it was suggested to me back in June, anytime I would feel upset or anxious I would go for a walk. In my subdivision it's a square shape so one lap around it is about  $\frac{1}{4}$  of a mile. I started off by just walking around one time. As things progressively got worse in my personal life I found myself going for more walks at all different times of day. Sometimes I would go for walks in the middle of the day, after work and at midnight. After a while I found that I had needed more time to think so my one lap turned in to two laps, then three laps and then four laps, before I knew it I was walking a mile. My husband and I separated in July. I continued to walking but now I had my kids walking with me. I would always go home on my lunch break to be with my kids and see how their day was going. Before I knew it the summer had passed and it was September, school was back in session. I didn't know what I was going to do with my lunch hour because the kids were at school and I didn't want to go home to an empty house.

I had made a choice to change my life. I was going to be thirty this year and a newly single mother of three, and I had always said I wanted to be in the best shape of my life by the time I was thirty. Right there I decided that my lunch hour was going to be for me, I was going to start going over to Nimkee fitness and working out one hour a day for five days a week. I did just that, I went to Nimkee and started out on the elliptical, after a little while I set up an appointment with Jaden to do a personal workout plan.

Now it is November and I have changed my life and have reached my goal of being in the best shape of my life with the help and support of the Nimkee Fitness staff. I now jog about 8 miles a week do strength training workouts and last year at this time I never would have imaged I could be doing this now.

I will be thirty November 5<sup>th</sup> the last time I had actually had conversation with my now ex-husband he told me I looked the best I have ever looked! That was satisfaction in its self. This is my story, I hope that I gave someone out there hope that life's not over at the age of thirty it's just started.

**Words of advice:**

Start off slow, don't expect changes over night, set goals changed eating habits. My family no longer eats red meat. I changed mine and their diets. We eat mostly turkey burger, chicken, fish, salads, fruits and veggies.

**Motivational Advice:** Getting to the gym is ¾ of the battle once your there, it's all pain and all gain if you're not sweating and can't feel it the next day you're not pushing yourself hard enough.