

Fitness Inspired Success Story-Tammy Berry



Start weight: 304 Lbs

Present weight: 253Lbs

Tammy's Story: I enjoyed cooking for everyone along with eating what I cooked. I was not as energetic. I still cook, I just make sure nothing is fried; it is baked or grilled.

Motivation: My son and myself and wanting to be more.

The Plan: My plan is to not only improve myself mentally but physically! I hope to inspire not only myself but my son.

Goals: My goal is to be more like my personality "vibrant" full of energy.

Advice: Stop making excuses, your life is the key example of what you want. Nothing comes easy. You didn't get this way over night and it will not come off overnight either. It is a commitment; you have to choose to make it your life choice!!