

2010



Growing up I was always the athlete but after graduating I let myself go and before long I had reached 236 pounds. I hit rock bottom. I was inspired by the Biggest Loser and knew it was time to change. My husband has always given me support and got me working out at home with a treadmill and weights. When Peak Fitness opened I joined and became addicted to spin class and gradually started losing weight. My life really started to change when I started taking boxing/kickboxing classes. I have a lot of support and keep getting pushed beyond limits by the instructor, Shawn Giles, who has taught me I can do a lot more than I ever thought possible. Mary Ann Wood also supported me tremendously by teaching me to change my diet. She gave me a new outlook on food and trying new things. I have had amazing people come into my life to help me transform myself. Not only have I lost 82 pounds but I have my life back. There have been bumps along the way but it has been worth all the hard work and I try to remember during those times "the best is yet to be". My journey isn't over yet and I plan to reach more goals including completing my first half marathon in October 2010. I hope that in some way I can help others that are in the same situation I once was in.

April