



# Meet GINA

## Lost 16 Pounds!

I was in a serious accident several years ago; back, wrist, shoulder, knee, hips and ribs were all compromised. I was tired of being in pain knowing if I would work out, strengthen my core and gain flexibility it would help. At my last doctor appointment she mentioned I was 5'7". I had lost one inch in the accident but to be down another inch really surprised me. It was up to me – did I want to continue on the same destructive path or improve my health?

Cutting my calories and increasing exercise had always helped me drop weight in the past but this time I wasn't losing much. My daughter gave me a gift certificate for Impact Training, so I used it to participate in the Resolution Revolution. I was intimidated in the beginning, this was all new to me – could I make it six weeks? However, I loved every minute of it and the weeks flew by way too fast. I enjoyed the support and motivation from Amanda and the Facebook group. It spurred me on to meet every weekly challenge. Now I'm sad the challenge is over!

Amanda is like a magician! When the weight wasn't coming off like I wanted she said "let's get a little more aggressive on your

food plan” and viola – her tweaks worked! I have learned so much about nutrition – what to eat, what to avoid, when and why; how to make smarter choices. I would get down on weeks when I didn’t have a loss or only a half pound. But Amanda would put on her “stern trainer voice” and tell me how good I was doing. She would encourage me and remind of what all I had accomplished in a short amount of time. After learning the harm I had done to my body from previous low calorie diets, I am determined to do it right this time!

I’d been going to the gym prior to the challenge and thought as long as I get in a minimum of 30 minutes three times a week I’m good. When Amanda gave me my workouts for the week it was almost like reading a foreign language. But she posted videos showing each and every move with modifications until you are strong enough to do the full version. The workouts pushed me, challenged me and inspired me, I love the feeling of accomplishment afterwards! I have a better understanding of how to make the most of my workouts now and the results show – I went down one pant size.

You don't need crazy diets, pills, shakes or supplements. This is a plan I can follow the rest of my life, it's really very doable. I appreciate the fact that Amanda believes in me – and she pushes me to be better, for me. My daughter is getting married this spring and I’m looking forward to attending this special event looking and feeling better and with more confidence!