



# MEET SANDY!

## STATS: LOST 12.5 POUNDS AND COUNTING

Turning 50 is a big milestone in a person's life. It can be a moment of reflection or regret. I thought I would have accomplished more by my 50th this past year. By the summer of 2013, my soul mate also turned 50 and as we celebrated I also got to be part of making one of his life's dreams possible. Even with best intentions, his happiness still left me with moments of sadness and regret. Summer quickly turned into fall and I couldn't fight the depression anymore. My

husband had been working out and even though I saw the improvement, I couldn't get on board and was actually holding him back. He "gently persuaded" me to sign up for a weight loss war. The loss of our 17 year old dog, both daughters moving out of state and a life without purpose or so I thought was my breaking point.

So my motivation was to get my life back and try to lose ten pounds but mainly to finally stick to a commitment. So I started on this journey with Amanda and it was the best thing that ever



happened to me! Each week I learned more and became more focused. I found I was capable of doing things I hadn't done since my teenage years and found the courage and strength to complete the weekly challenges. At the end of the program I felt like I won the



lottery. Not only did I lose more than my goal but for the first time I finished something; that was my greatest reward. My euphoria quickly was lost due to the stress of my job and the holidays. The food, the parties, over booked schedule and unrealistic expectations of time and people. The feeling of failure coupled by the dreary days of winter and a few pounds regained have me



going down that road of regret again. But not very far because I have Amanda and a new challenge to start. The difference is I have found myself again and am surrounded by people who support me and the tools to succeed. My husband has shown me

perseverance by changing his life by his fitness journey with Amanda, my daughters encourage me from a distance giving me hope and next month I will run my first 5k with my husband. I am so thankful that God crossed my path with yours Amanda, my true weight loss warrior!