



MEET CHERYL

Lost 10 Pounds

3% Body Fat

7 Inches

The History

Throughout my life, I've always been fairly active and considered myself a healthy individual. Gaining weight and eating certain foods was hardly on my mind. All of that changed more than 20 years ago. In 1993 I had two back surgeries from a herniated disc. After my surgery, my doctor told me it was necessary to stay fit, because gaining any amount of weight would hamper my

back. I was comfortable with my weight and thought I was in shape, so I didn't think I had anything to worry about. I hadn't been overweight and thought that I was fairly fit. Years after my surgery, I always had flare ups with my back. Besides being in pain, I didn't think it was affecting my overall health. After menopause, I noticed that I started gaining a few pounds here and there. This is the typical side effects, but it still didn't send up any red flags to that I needed to change my eating and workout routine. However, after about 10 years, I had put on about 15 pounds.

The Struggle

I decided to do what most Americans do when they want to shed a few pounds... I joined weight watchers. I successfully reached my goal weight, but I still had back issues. So, I decided to join the Gladstone Community Center and work out with a personal trainer to build up my core muscles. I also took 2 classes a week at the community center. I did this for a while until I hit a slump. I felt absolutely terrible and had no energy. I always felt sluggish, and there were many days I wasn't productive. I started missing more and more of my exercise classes due to lack of energy. There are several struggles but the main struggle is staying focused. It is still hard for me to not concentrate on the number on the scale and focus more on how my clothes fit.

The Solution

I couldn't continue to live like this, so I knew I had to change something. I started a group exercise class with Amanda and after getting to know her and her awesome workout routine, I started working with her one-on-one for personal

training. Amanda completely opened my eyes to the benefits of proper nutrition. I thought I was eating healthy, but she made me realize that I was not eating the right foods. Thanks to Amanda, I was able to balance out my nutrition and lose the extra pounds I put on, but **the most amazing part is...I feel great.** I now have little to no issues with my back, and have more energy to keep going!

Reaching a Milestone

Recently, I just completed my very first 5K! I was really nervous and to make it worse, I could tell I was alongside many experienced runners. I strategically lined up in the middle, for fear of being run over, and once I took off I found my pace and just kept with it. The first mile was tough, but race sponsors, family and friends were lined up on the sidelines cheering us on, which helped keep me to keep going. Before I knew it, I had reached the three-mile mark and could see the finish line. I was greeted with more cheering and encouragement as I dashed my way through the finish line. I couldn't believe it when I saw that I ran my first 5K in 34.07 and placed 2nd in my age group! WOW!!! Out of 360 total runners, I finished 71st in my gender and 143rd overall. **I felt great afterwards and I can't wait to run another race!** It was an awesome experience.



The Future

I'm extremely pleased with my results, and since I'm only couple of pounds away from my goal weight, I am now working on toning my body. The best motivation I received during my fitness journey was Amanda. She taught me that I don't need a gym and fancy, expensive equipment to exercise. More importantly, she taught me so much about nutrition by balancing my protein, carbs and fat intake, and helped me understand this crazy, yet simple phenomenon that you need to eat to lose weight!

My Advice

My advice to anyone wanting to lose weight and become more healthy is to set one, small goal at a time. For me, if I set numerous, outrageous goals, I'd get frustrated with myself and end up not reaching any of my goals I created. Results simply don't happen overnight!

Amanda also taught me to focus on how my clothes fit, rather than the number on the scale. Sometimes I still need that daily reminder, but the benefits of looking and feeling amazing far outweigh the struggles. No pun intended ;)

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