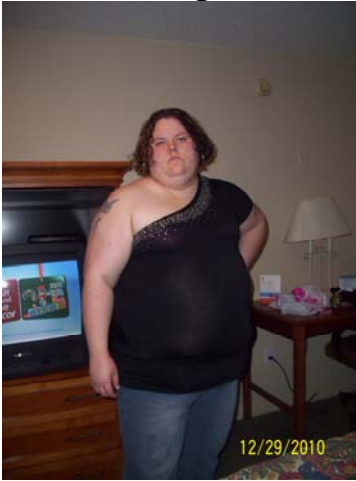


Fitness Inspired Success Story



BEFORE

Start weight: 367 lbs.

Present weight: 265lbs.



AFTER

Rachel's Story: I ate whatever I wanted, whenever I wanted and usually in large portions. I was not motivated to do any exercise. I would get out of work, go home and eat then head to bed.

Motivation: My friends motivated me. To get me into the gym, they lied to me and told me they had signed me up to take a Zumba class. I begrudgingly went to the class but afterwards I was hooked!

The Plan: I exercise 7 days a week. I alternate taking group exercise classes, weight training (I love ab workouts), cardio machines and lots of walking with friends in the park. I also changed my eating habits-I try to eat three healthy meals a day. I never used to eat fruits or vegetables but now I try to incorporate them in every meal. I have also cut down on my portion sizes.

Goals: One of my goals is to be able to join the Beginners Running Class in the fall and complete a 5K Race.

Advice: Lose the excuses, make healthy eating habits and try to have a buddy/family who can help keep you accountable to your fitness plan.