

Fitness Inspired Success Story

Start weight: 247 lbs.

Present weight: 215 lbs.

Adeanna's Story: Before making a commitment to myself I was the typical couch potato. Pops, sugary cereals, pastas with cream sauces, and such foods were staples of my diet. I was constantly feeling tired and sick to my stomach. I was surrounded by bad energy before my move to Mt. Pleasant and upon that move was inspired to start a journey towards a healthier lifestyle.

Motivation: Being new to the area I didn't really have anything to do so I signed up at Nimkee and started the next day. My main motivator at first was to have more energy to play with my girls, and to strengthen my golf and softball swings. Now it has changed into a motivation to become the high caliber athlete I once was.

The Plan: I was introduced to my trainer Jaden Harman and he put together a plan to do weight training three days a week and a cardio/core work out 2 days a week. I now run 40-50 minutes before my strength and core training. For me running is a freedom. I just put in the ear phones and "get away" for the duration of my run. I also have an eating plan that consists of healthy complex carbs (oatmeal, brown rice), lean proteins, and of course fresh fruits and veggies. Even after the first week of having changed my eating habits I didn't feel weighed down by unhealthy foods.

Goals: My goal is to continue on my journey for the rest of my life by maintaining a vigorous exercise routine and healthy eating pattern. I also have a goal to drive a ball 300 yards, hit homeruns this softball season, and to enter and complete a few races this summer.

Advice: Eating was a huge obstacle for me. I didn't want to feel starved at all and right on my meal sheet it said if you are hungry then you need to eat. Just pick a recommended food. It truly has saved me following that rule. Always remember, anybody can be willful, anybody can be successful, and it is your doubtless determination to rise above any failure and succeed that will separate the two.