What inspired me to focus on fitness?

In high school I ran cross country /track and was very fit. Twenty years later I became a couch potato. I didn't like the way I felt and I also looked at my family and noticed our bad eating habits. In my opinion, the best way to start a revolution is to lead by example. Once I started walking and changing my eating habits the family started to change as well.

Fitness Goals Achieved:

I have lost approximately 40lbs and dropped 4 dress sizes. The weight loss is great but, the greatest thing I've achieved is how I feel on the inside. I am no longer tired after a long day at work and my mind is clearer.

Fitness goals:

Completing a full marathon has been on my bucket list for a very long time. I also want to participant in a Triathlon.

Life changes:

Realizing that healthy eating is not a diet , but an actual lifestyle change has helped. I have eliminated sodas, juices and fried food from my regular diet. Do I indulge in McDonald's French Fries? YES...but it is not a norm. I have learned to plan my meals and not use food as a treat when I'm sad or bored. If I'm sad or bored I now go for a walk of ride my bike.

Advice:

- Schedule a physical with your doctor and get a complete evaluation. This will give a great baseline on where you stand. Skinny does not always equate top health; there are a number of factors that comprise your health.
- Set a goal. My first goal was to run in a 5K, the 5K gave me a good reason to stay on an exercise schedule and eat healthy.
- Meet with your immediate family and significant other, you will need their support.
- If you don't like the gym there are a ton of YouTube exercise videos that you can do at home. WALK...WALK..WALK..Even if it's for 15 minutes a day it's a start, before you know it you will be waking for an hour.
- LOVE YOURSELF!!! As women we wear many different hats and do so much for others...Try to devote time for YOU!