

2010



In February of 2009, I went to the doctor for my physical. The doctor politely pointed out to me that I had slowly gained ten pounds every year for the past five years. He showed me that my blood pressure and blood sugar levels had also made the upward climb, so he wrote a prescription to control my blood sugar. I was sick at my stomach!! How could I have done this to myself? I knew I was gaining weight, but as I looked around, I noticed my waistline looked like everyone else's. Then I heard about a whole foods diet program. Two friends and I decided to take the twelve week course. Before six weeks had passed, both of my friends had dropped out, but I was still going strong. The weight easily began to come off. Eating had put all of the weight on, but eating was also taking the weight off.

At this time, I knew I needed to start exercising. Peak was having an open house in October of 2009 and I stopped by. The first person I saw was Mary Ann Wood. She told me that I was brave and knew how hard it was to come and start working out. She took me around the gym and talked about the group classes. I started coming to the classes and using the weights. That's when the pounds really started to melt away. September came again and my doctor was very proud of my weight loss – 90 pounds!!! Mary Ann is a gift sent by God and a wonderful friend. Without her help, I could not have done this. She keeps me motivated and working out. Thank you to everyone at Peak Fitness who has helped me and kept me motivated....

90 pounds lighter!!!

Cindy