

2010



Mari

Being 260 lbs. & starting to have health issues wasn't where I wanted to be at 46. My weight was keeping me from exploring new interests & activities. At that stage, I still didn't think of myself as "really" overweight because I still fit into a size 18. Truth be told I was more of a size 20. I was going through pictures one day, & didn't recognize myself from the backside. That was it. I had to make changes. My journey started by learning why I was eating. I learned that I wouldn't be able to reach my goal & maintain a healthy weight if I didn't become more active. Peak Fitness has given me the confidence to try things I never thought I could do. The training, support & nutrition advice from Certified Trainer Maryann has been a major part of my success. I've tried Yoga, weight training & Spin sessions. The Weight Loss Camps she developed included a "Bite It Write It" approach that helps me track what I eat. The fun & challenging "Boot Camps", "Cardio Jam" & Kick boxing sessions with Certified Trainer Holly not only gave me confidence, but she showed me the skills to change the shape of my body. The results of all this? I'm 90 lbs less & have kept it off for 3 years!