

2010



I'm a full time working mom with 2 children. Weight started to become an issue 15 yrs ago. I'd diet, lose 10 lbs. & gain it back. In 2006, I had life changes that included my Grandmother passing away unexpectedly, and I also changed my job. I became depressed & ate to combat the sadness. I gained 50 lbs. within the year. I felt horrible & hated the way I looked. Luckily, Peak Fitness opened for business & was within walking distance of work, which enabled me to workout during lunch. I went for several months but my interest faded. In January 2009, I decided to try working out again. I used the elliptical machine & started to change my eating habits. Within 8 months I'd lost 45 lbs. But wanted to lose more. I started training with Mary Ann Wood, a Personal Trainer at Peak. She helped me transform my body & taught me about healthy eating. She weighed me daily & set weekly goals for me. This kept me motivated & on track. I'll turn 40 in March & never felt better. I love working out, eating healthy & have made it a lifestyle change. A big motivator was when my husband said I look better now than the day he met me. The changes I've made & the results I'm seeing help me motivate others so they know anything is possible with a little hard work & commitment to make a change.

Robbyn