

SUCCESS STORY

DAWN BOYER



Before

Weight: 181 lbs.

Body Fat: 31%

After

Weight: 140 lbs.

Body Fat: 19%

WEIGHT LOSS ISN'T JUST ABOUT EXERCISE

When I was young, I was always thin, fit and athletic. As an adult, my family began to grow and it seemed that life got in the way of staying in shape. My fit-self was turning into a fat-self. It happened so slowly that I wasn't even aware of the change. I would work out sporadically for a few months and then slip back into my sedentary, processed carbohydrate eating lifestyle.

In my late 30's I went to my doctor, concerned about my weight gain and the possibility of diabetes. Luckily, I did not have diabetes, but I was still overweight. I spent several years yo-yo dieting, and I always ended up reverting back to my old habits.

When I turned 45, I realized that I needed to get serious. I began exercising, but I unwisely created setbacks by under eating and overexerting. Later that year I injured my shoulder, which required surgery and months of physical therapy. I was worried about how long it would take me to do a push up. My doctor's response was that I might never be able to do one again. During this time, I gained an additional 20 lbs. Although I started going back to the gym, my workouts seemed to be producing few results.

I joined Angela Farrar's SexyfitBody Group Training in October of 2010. She sat down with me and reviewed my eating habits. My typical day



Claudia

Dawn (After)

Angela

consisted of 8-10 servings of fruit, only a few vegetables, flavored yogurt, cheese and a lot of pasta and bread. Right away she suggested I cut down on my sugars. This was a difficult change for me. However, I did know that what I was doing wasn't working. I knew that I needed to trust her.

I went to every workout available and I made the recommended dietary changes. Although it was slow, I did see weight loss. Angela suggested that I begin recording the foods I ate every day, which really helped me view food as a fuel for my body. I learned to eat before and after my workouts. Now I think of my caloric intake as my body's monetary system and I count the cost. I am mindful of what I put into my body. I have gained a new perspective of myself and how the foods I eat impact my health.

I love working out at LVAC. The gym is comfortable to me, whether I am using free weights or machines. I also enjoy taking group fitness classes. Pilates, Bodyvive and 8 Strikes are among my favorites. Since the gym is open 24/7, I can work out whenever I want. I also love using the indoor pool area during the winter months. I have enjoyed all of the wonderful friendships I have developed at LVAC with members who, like me, are committed to living a healthy lifestyle.

When I began my journey, I wanted to feel healthy and fit. Losing weight along the way was a wonderful bonus. I feel like I have gained more than I could have ever imagined. These days, not only do I do pushups, I can also do pull ups! ***I am no longer just existing, now I'm living!***