

Sarah Woodward

Age: 46

"I started June 10, 2010 at 206 lbs. I am 5'3. At this writing I am one pound from my first goal of losing 50lbs. I was wearing 18 jeans, now am getting into a 10. My blood pressure was between 130-140/70 and now is around 118/60. I'm not a runner. I started out walking for two minutes and jogging/running for 1 minute, feeling like my head was going to explode; I could not breath. My trainer just kept encouraging me to keep going. I am now jogging/running 1.5 miles without stopping. I was tired all the time. I did not sleep well, waking up several times a night. I now sleep great and wake up rested."

"I have tried lifting weights on my own, I would get bored with the routine plus did not know when to increase the weight. My trainer keeps changing my routines up, he adds more weight as he feels I'm progressing; he keeps challenging me. I feel strong and healthy."

"(Before training) I was just working and sleeping, no energy to do anything. I was not exercising at all. I would say '*I don't have time, I'm too tired.*' I realized I have to give myself an hour everyday to get healthy and to stay healthy. It was hard at first to get started, but now I look forward to my hour of "my time."

As of Dec 22, 2010 (7 months) **Sarah had lost 57lbs, 39 inches, and 20% body fat.**
Watch for updates from this amazing client!



Sarah's "before training" photo



Sarah's "after" or "in progress" photo

