

New Year's Resolution:

The journey
without a
DESTINATION

WEIGHT loss always comes up as a New Year's Resolution when I ask my clients, friends and family. Since I started working as a personal trainer, I have been surrounded with clients that need help with losing weight. Being able to help anyone reach their fitness goals through their hard work and dedication can be rewarding.

Meet Nadia. She started her weight loss journey in 2011. As a young student getting ready to face the world, she has low self-esteem due to her weight. I have the privilege to coach her during basketball summer camp. That was 15 years ago to be exact. Growing up she struggled so much with her weight and was very shy trying to fit in.

On March 2011, at the age of 21, she decided to take control of weight, "because I was tired of being tired and feeling bad about myself. I wanted to gain more self-confidence!" The most she had lost is 120 lbs. How did she do it?

Once she set her mind on a goal, she looked for a weight loss program that suited her, hired a trainer and enrolled herself in fitness classes like kick boxing, Zumba classes, Yoga, TRX training, running and weight lifting. I asked her how much of her diet she needed to change. She said, "I believe the eating is the hardest part about losing weight. There is a lot that I needed to change to be healthy. Especially my portion sizes."

As soon as she lost all that weight, people started to notice. She was and still motivated to continue what she's doing. She said, "My life has changed a lot

since I have lost weight. I feel better about myself and feel better in my own skin. I feel more confident, which is exactly what I wanted."

Nadia completely changed her lifestyle from little physical activity to training 4-5 times a week. But she first started to eat better. The key is finding fitness classes and training programs she enjoys. To her, working out did not become a chore. She enjoys training and eating healthier food. Her favorite workout at the moment is weight lifting. She said, "I love being able to listen to my music and just focus in on lifting as heavy as I can. It feels great when I can lift just even a little bit more."

I asked her, "In your opinion, how important are different workouts?"

"Different workouts are definitely important to keep your body guessing and working hard all the time. It's also good so that you don't get bored with your workouts!"

Year 2016, her mind is set to where she wants to be and what she wants to do. Nadia is determined and confident to get to her comfortable weight goal. Now that she can run comfortably, one of the things she told me she really wanted to do is to prepare for a half marathon. She had improved her endurance level for the past 2 years completing 5km and 10km runs during spring and summer. She knows that if she continued on the training program she's in and the meal plans she was provided with that she will reach her goal.

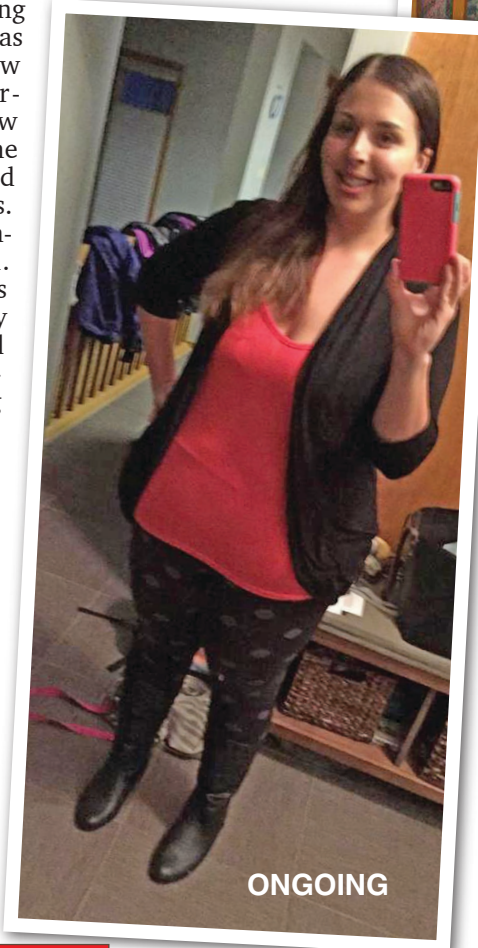
Although, having to achieve some of her goals, there is always setbacks. You may think it's that easy for her to lose 120 lbs just like that, well, you are wrong. Nadia needed to get her workout in either before, during or after work. For any working person, that is tough. There are days when she can only workout at 6am. She got up, completed her workout and went to work. What about holidays?

Since 2011 there has been five Thanksgiving dinners, five Christmas dinners and five New Year's dinners/parties. Never mind how many social event she attended, friends and family birthday parties. All of these fun gathering involved food. How many vacations she enjoyed? Probably enough to enjoy and lose track of her eating habits and training routine.

This is what happens to everyone who is trying to maintain their weight. There could be a little portion in between your training routine that you gain some weight back. For any weight loss journey, this is inevitable but it's how you respond to it and recover back to your healthy lifestyle.

The great thing about Nadia's sto-

ry is that she loves her family. They encourage her and motivate her but she took it upon herself to motivate her mom as well. She continues to encourage her and she train with her mom once a week at Insahyu for the past three years. I am incredibly proud of



ONGOING

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the both of them. This journey will keep going.

"What is your advice for someone that continually struggle with their weight?"

"My advice to someone who has been struggling with their weight is that you need to not think about the end, it is a journey and you need to enjoy the ride. No one ever said it would be easy but it is definitely worth it! You just need to keep trying and pushing forward! Never give up!"

This story does not end and I hope Nadia's ongoing journey inspires and motivates you. To her, it's not just a New Year's Resolution, it's a lifestyle change. It's not anyone else but yourself who will be rewarded for your hard work and dedication. You can do it!