

## Stephanie shares 101-lb success story!

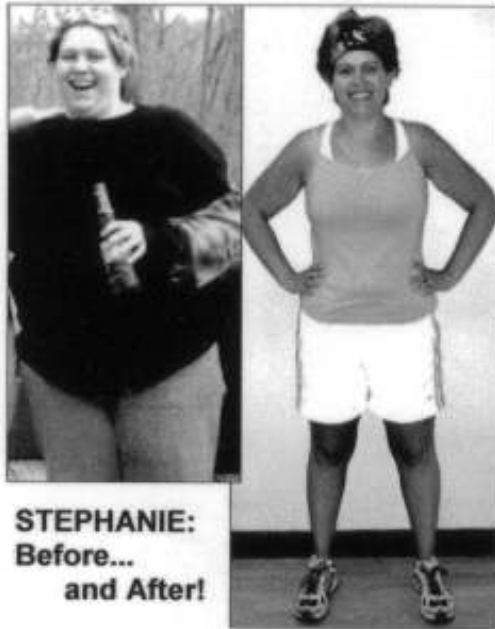
My name is Stephanie Freeman. I am 27 yrs old and I have lost 101 pounds. It started when I wanted to lose 76 pounds for my wedding. As I tried on wedding dresses, I realized I was putting on size 24. I weighed 250 pounds. I decided that I wanted to be a beautiful, healthy woman when I got married, so I would have many wonderful years with my husband!

I started by exercising, and walked everyday. I wanted to make sure I could stick with it before I spent money to join a gym. I knew I also had to do something about my eating habits! I was eating more than my husband, and none of the food was good for me. After two months I was walking 2 miles and doing 100 crunches a day. I gave up soda and started drinking water. I began eating breakfast, rather than a big lunch and supper, and cut down on my portions. At that point I decided that I would check out Fitness Stylz.

First I went online and looked at the website and I saw Leslie Bull's success story and thought, "I could do that if I wanted to." So, I went to Fitness Stylz when it was still down behind the Dollar Store, and the first person I met was Andrea who welcomed me right away and gave me the tour. She educated me on the different classes they offered, which at the time was only Body Step and Body Pump. I purchased a year membership that day, and tried Body Step class.

I had no idea what the class was going to be like and was a little nervous, but and the instructor (Leanna) came right up and introduced herself. She was very happy to see me there, and was a very positive reinforcement all the way through class, and at the end of class came up to me and praised me for how I had done. From that point on, I knew I was going to LOVE this place! (Don't get me wrong -- I got home that night and my calves hurt like they had never hurt before, and for two days after that, but I knew that it was GOOD pain and that it was working!)

At this point had lost 15 of the 76 pounds I wanted to lose, and was excited to try Body Pump. That's where I met



**STEPHANIE:**  
Before...  
and After!

Chris and Leslie, who were also very nice to me and spoke to me after class about how I did in class. I got a chance to speak to Leslie about her success, and was even more excited to keep coming back to the gym.

I was being very strict on myself about my eating habits as I had an over-eating disorder. I stopped eating after 6:00 pm. I found that between the exercising and the eating right, I was sleeping better and moving better, and feeling better about myself in general.

I stuck with it, and lost 70 of the 76 pounds I wanted to lose for my wedding and was wearing a size 16 wedding dress -- not size 24 -- the day that I got married. I was so happy, and felt like the most beautiful girl in the world!

Then came the honeymoon, well let's just say I ate what I wanted the whole week. When I came home, I continued to eat what I wanted and didn't go back to the gym. In six months, I gained 16 of the pounds back and my clothes were not fitting. I told myself that I had to have some sort of a goal to attain in order to make myself go back to the gym, and start eating right! I decided that goal would be to become a Body Step instructor. I knew if I did that, it would be something that I would be dedicated to for the rest of my life, and I knew it had to be a life-long change if I wanted to

keep losing rather than gaining.

I went back to Fitness Stylz and told everyone it was an "extended" honeymoon, but they did not judge me. They were all just happy to see me again! At that point I told Tom Roy that I wanted to be a step instructor, and he told me to keep doing what I had been doing and I could be. So I got right back into it and was pushing a little too hard.

I was working out 8 to 11 hours weekly, and started to have pains that I never had before. Joyce, Tom, and Andrea told me that I was pushing myself too hard. I felt defeated. But again, the staff and members of Fitness Stylz were positive reinforcement and advised that I take a week off and come back. I did, then re-started with 4 hours a week, and increased to 6 hours a week, which I decided was the correct amount for me.

Since then, I have lost the 16 pounds that I gained on the long honeymoon, plus 31 more, and I feel so much better about everything in life. I can breathe better, and have SO much more energy than I ever did. I no longer have an over-eating disorder, as I feel better about myself. I have pizza once and while, and ice cream in the summer is a must, but just not every night. I have learned that you can have what you want and be healthy about it, and that exercise should be a regular part of your life so you can live a long and healthy life.

I could not have done this without the support of my family and friends. They all have supported me through this and are very happy with the changes that I have made, as they can see that I am a happier person. A BIG THANKS to the people at Fitness Stylz! I tell everyone I know about this gym, and would encourage any and all to try any of the classes just once and you will be hooked!

Today, as I type this, I have been married for exactly one year and have lost 101 pounds in 2.5 years. I plan to train to be a Body Step instructor very soon, and I am looking forward to it. I cannot wait to be part of the team that has helped so many people in the community.