



wonderful staff that this was to be expected and would pass. Boy, they were right! Then, it felt so awesome to be doing something good for myself after all the years of inactivity.

"After one year, I had lost some inches, five pounds, one clothing -size, I slept better and had more energy. My husband noticed a big improvement and was very supportive, but I wanted something *more*.

"I hadn't modified my terrible eating habits and I decided to change that. At first, I experimented. Without telling anyone (in case I failed), I started eating more veggies and some fruit. I had

I've gone from a size 18/20 to a size 12 and have said "bye-bye" to almost 50 pounds so far!

"People have noticed and have said nice things. A dear friend asked if I was getting tired of people commenting on my change of appearance all the time. Heck, *NO!* My favorite compliment is that I look ten years younger. I feel ten years younger. Only I wasn't this strong and toned when I was 38!

"Thanks so much to all the phenomenal instructors and fellow members at Fitness Stylz! What a great group of people! I'm gonna keep this going!"

From "Hefty" To "Hottie!"

*Wonder Woman
Pam Barker's Story*

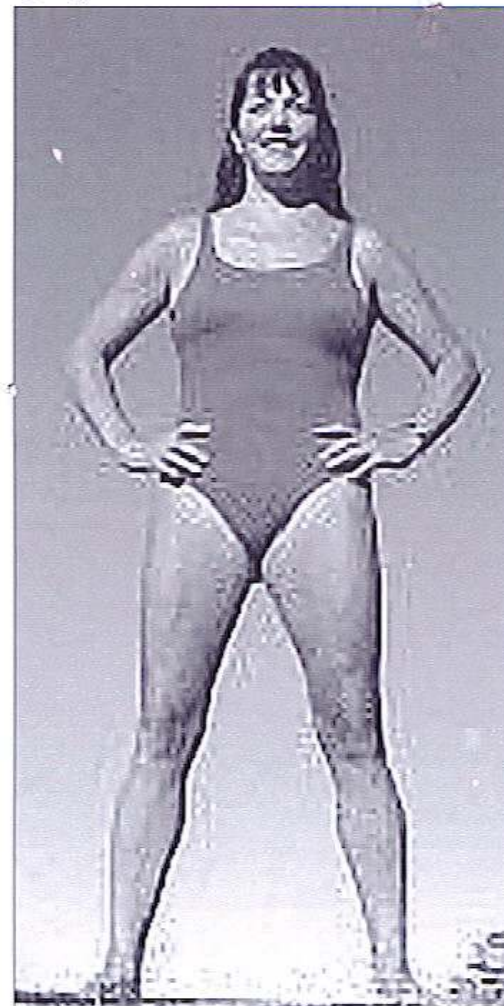
"I joined Fitness Stylz in January of 2005. I was 5'10", 215 pounds and 47 years old. I was suffering from mid-life anxiety attacks, sleeping horribly, and I couldn't bear to look at photos of myself. I was so large and unhealthy-looking in them.

"I loved the very first BODYPUMP class and every one since. The music and the moves made the hour fly by. It felt like only twenty minutes had passed, and we were done! The first week, I could only groan and laugh at how sore I was. I had been warned about this and had the expert assurance from gym owner Tom Roy and the

Cherrios and a banana instead of an English muffin slathered in peanut butter for breakfast. I still have breakfast sandwiches, too, but only once in a while.



"I tried, and thoroughly enjoyed, a BODYCOMBAT class once a week, but couldn't give up on my beloved BODYPUMP twice a week. I kept those two BODYPUMP classes over the busy summer and continued to lose pounds and inches.

"I love to go out to eat, love to eat period! I just eat a little better! And this Fall I have been able to do three BODYPUMP classes a week again.



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