

My Almost Success Story

Hi. My name is Sheri and my success story is not yet complete. I started at WellWorX in January 2006. I had tried to lose weight prior to joining but was only able to lose 16 pounds in a four month span. So my wonderful husband gave me a gym membership along with a personal trainer for Christmas.

I was severely overweight and only 36 years old. I also have many different injuries over the years of being a caregiver that everything hurt all of the time. So I had absolutely no idea of what I could or could not do in a gym. The first time that I got on the treadmill I was terrified not to go too fast because I didn't want to have a heart attack. I was so clueless. That is why having a personal trainer was so very critical to my success. I started out with Tracy Evans. He was so kind and really listened to my needs. He showed me that I wouldn't have a coronary by getting my heart rate up. To some people that might not mean much, but to those of us out there who are obese and totally out of shape, that's a huge deal.

Without a personal trainer there guiding me from machine to machine I would have failed. I never would have taken this step that had brought me into a 75 pound weight loss, 14 inches off my waist and down from a size 32 to a current size 16. I have had three trainers thus far. Tracy Evans was the first, Becky Maher was the second and Deanna Sides is the current. They all have different styles which keeps my workouts fresh and exciting. Deanna is so attentive and really keeps me on my toes. It's so wonderful to have someone in my corner sharing each pound lost.

I have two parts to my life now, pre-gym and post-gym. Pre-gym I was unable to do simple things like tie my shoes, clip my toe nails and even get myself up off the floor. I barely fit behind the wheel of our van and every time I turned the steering wheel my belly rubbed. I was unable to walk for long distances, in constant pain in my joints and had a bleak outlook on my future. I also suffered from adult onset asthma brought on by being overweight. Post-gym is a whole new life. I am able to tie my shoes, take care of my feet and get up and down off the floor. I totally fit behind the wheel of the van and even have 3 inches to spare. I can walk for miles at a time and a trip to Wal-Mart no longer winds me. The pain in my joints have diminished greatly and I feel young again. I no longer need my inhaler and can breathe so much easier. And to think that I am only half way to my goal!

Without my trainers there to help me on this truly remarkable journey, I don't know where I would be. I thank God for all of the personal trainers at our gym. They truly go the extra mile and help to keep you inspired. So if you are reading this and decide to join and go with a personal trainer, I hope that you find all of the success that I am living. And when you come into the gym, watch me. I ain't done yet!

-Sherry