

# Out of my Slump!

A year ago I found myself in a horrible slump, stressed out with work, family, life, etc. I was smoking to excess, not eating healthy, not exercising, spending way too much idle time on facebook or watching TV!! I was extremely depressed and I was prescribed an antidepressant. I had been taking antidepressants or anti-anxiety medication for approximately 12-15 years on and off at this time last year. I began having self-loathing thoughts, I couldn't control my emotions and it was negatively impacting my career and my family; it seems I was in a self-destructive mode. The more I looked at myself in the mirror, the more I hated what I saw and instead of feeling sorry for myself as I had been, I decided it's not going to be easy but I am the only one that can change this!! I have to be the one to do something.



# BOOT CAMP

I was now in a size 13 and weighed more than I ever had in my life, my clothes were getting tighter and I was so ashamed of who I was. I had been a member of the local health club for several years and would go in streaks to the gym several months at a time and then I would stop going because of my depression or whatever excuse I convinced myself of. I saw that the Bay Athletic Club was holding a 10 day Fat Blasting bootcamp in May 2012 and I thought that is just what I need to get myself moving again!! I did the bootcamp and it was horrible at first because I had no breath, I was weak and became physically exhausted easily but I stuck with that 10 days!! Then I did a another 5-day challenge with a small group of individuals I had just met. I slowly started to notice the difference in my endurance and how I felt. I began drinking Shakeology, a meal replacement shake, to replace one meal a day for one month.

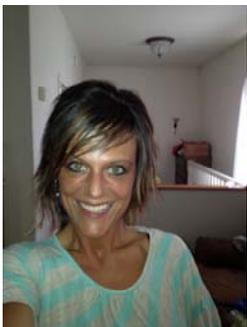
The weight started to come off and I was feeling so much better physically, mentally and spiritually!! I started attending my favorite cardio class Turbo Kick and attended faithfully, every Monday and Wednesday. Then I decided it was time to crank it up a notch. I joined a Body Beautiful class for women; it was 10 days and I committed to limit my dairy intake and do this weight-training class. I lost more inches! I just began to feel so great that I was not ashamed any longer; I made a commitment to myself to continue trying new classes, new things to challenge myself.

I have lost 48 pounds total and over 20 inches all over! I am a new person and I now encourage others that I see struggling with their confidence or appear to be in the place I was a year ago. At DHS I sent messages for approximately one month trying to gather a group of us at work to join a corporate fit challenge and was able to get 11 employees interested. We committed to a 6-week journey and were assigned coaches to help us each create fitness and nutrition goals. Everyone's goals are unique to their own personal plan and what works for them. We have been having a blast!!



I now eat three meals a day instead of one or two; I drink more water and less coffee; I am a happier person inside and out! I dropped 10 pants sizes total and am comfortable with my weight. I am now working on my endurance, strength and nutrition!! I still smoke cigarettes and recognize this is hindering my ultimate success!! I am a work in progress and I have definitely cut back the amount that I smoke and am encouraged!! Throughout this journey it was not just about exercise, I found myself again and I get to share with others how awesome that feels!! It's not just about weight loss, it's about being the best you YOU can be!!!

Thanks for letting me share. If it helps one person take a few more steps throughout their day or add a glass of water, or encourages someone to not be ashamed, just to get up and move, TRUST ME you will feel better!!! Oh and by the way, I have now been off of all medication for 7 months and going strong!! I am a type II diabetic and my sugar levels have improved and I feel GREAT!!!



Melinda Herriman  
Alpena DHS