

Personal Training... A Success Story

Meghan Delaney Lake

To all the fabulous ladies at Total Woman,

I guess I should start at the beginning. I began my workout experience after completing my junior year of college, 60 pounds heavier than when I began. I knew that graduation was rapidly approaching and I did not want pictures of me with the weight. Ever since I was a child I had struggled with my weight. I like to eat! I will be the first to admit that. Dieting did NOT work! I would begin a 'fad' diet then falter and feel like I had failed. I am a firm believer in the saying, "You will never lose weight until you want to lose it". With my graduation in sight, I began to work out to lose the weight. I started slowly and worked my way into making the gym a part of my life style. On my graduation day I walked across the platform 45 pounds lighter. Without the gym and now a full time job, my good intentions to keep the weight off didn't work. Life went on and I met my husband. On July 9th I was engaged. With a wedding 9 months away, I wanted to do something but I lacked the motivation. It was then that I joined Total Woman.



TW Trainer Brenda with Meghan

I began working out at Total Woman about twice a week. One day while working out, I met Brenda. Brenda was not my personal trainer, however she invested herself in learning my name. When I would walk in to the gym, she'd

be there to greet me with a giant smile. Now, I was motivated. I began talking to people on the tread mill and running into friends. Not only did I start to come, but my Maid of Honor and my mom attend regularly too. We have made the gym our coffee shop.

My wedding began to creep closer and I was not losing any weight; my once or twice a week was not working. Not wanting to try one more diet, I did what I worked last time. I began putting the gym into my daily schedule. I also realized that I might not be doing all the right things so I hired a personal trainer for one day a week. I couldn't resist having my personal cheerleader being the one who greeted me so many times with a smile. For four months, Brenda and I worked diligently to tone, shape, and slim all the areas of worry. The ultimate success was not however seen on the scale.

I'm not saying I haven't lost weight, but I don't want to look. The number is not important to me anymore. I know the way I feel. Working out has brought me in tune with my body. I have learned that working out makes me feel better. I have more energy, eat better, and crave less. I would never return to my old self.

However, my greatest personal success was walking into my final dress fitting. The attendant came in and zipped up the dress; it was too big! I had done it! On my wedding day I never once looked in the mirror and said "I wish." I felt amazing on the inside and out. I couldn't have done it without the help of all the staff at Total Woman and all their kind words of encouragement.

Thank you Brenda!
Meghan Delaney (NOW Lake!)

*Congratulations
Meghan!
Keep up the great work!*

