

Sally Cundiff: Weight Loss of 40 pounds



Before:



After:

Americans, especially women, strive to be all things to all people all the time. I was 41 years old, 5'8" tall, weighed 176 pounds, and wore a size 14. I worked 50+ hours a week, took care of my husband and son, maintained the house and was heavily involved with church activities. I could not walk across a parking lot or up a flight of stairs without being out of breath. I snapped at people, did not sleep at night, suffered from poor health and anxiety attacks, had no energy and did not eat properly. I knew I needed to make a change, but was not sure how to get started. All I wanted to do when I got home was sit on the couch and watch television. Unfortunately this was adding to the already existing problem.

With encouragement from my husband, I joined Vessell's, March 2007. I met with one of the trainers, during my meeting I was asked about my eating habits, any previous injuries, physical activity and my goals. My goals were to sing in the Easter Cantata, get stronger, and be able to keep up with the teenagers at church.

My trainer suggested starting with cardio for the first two weeks. He showed me how to use the rowing machine and the stationary bike. I could only do about five to ten minutes on each one. He insisted that I change my eating habits to three meals a day to prevent further weight gain. After two weeks, I met with the trainer again, already feeling better; he insisted that I add two snacks to my daily eating habits. I also started on a weight-lifting routine, very low weights and learning proper form. When the weight became easier that was my sign to increase by two to five pounds. I worked out seven days a week, eating five times a day and soon noticed that my clothes were getting baggy. After six months I still weighed one hundred seventy six pounds but had lost many inches.

I met with a new trainer, Larry Mazzeo, he looked at my food journal, and made several changes to my diet and modified my weight lifting routine. Then the weight started dropping-three to four pounds a week. After five months, including the holidays, I had lost forty pounds and eight dress sizes.

Now I am 45 years old and have maintained my weight for three years. I did sing in the Cantata, I play racquetball several times a week, including being in the Arby's tournament for three years. I have also played church softball for the past three years. For the most part I can keep up with people half my age and younger. I definitely have Vessell's Fitness to thank for my success. Without their help and encouragement I would probably still be a couch potato.