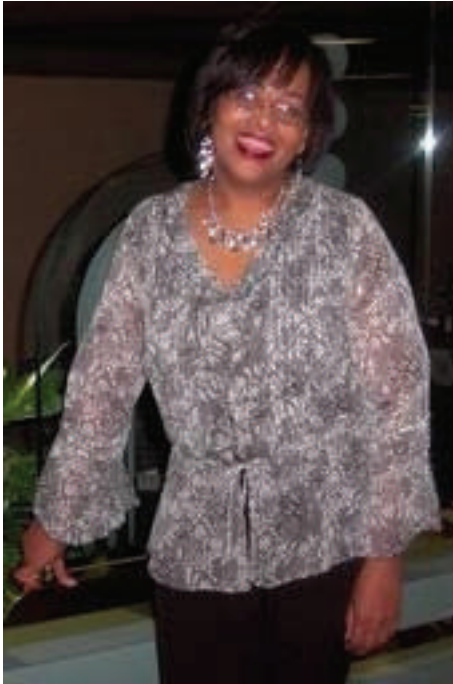


Before Weight Loss



After Weight Loss



Name:	Cheryl Bryson
Starting Weight:	205 lbs January of 2006
Current Weight:	
Goal Weight:	130-135
Reason for Wanting Change:	My daughter was going to be graduating from High School. I would be turning 40 that June.
Weekly Workout Schedule:	I try to go to the community center six days a week . for at least 30 mins of cardio.
Weaknesses:	Mood or stress eating.
"Stick With It" Tip:	Know that you are worth the time and effort to be who you want be. Talk to friends, family, and God they are your encourage- ment. You are never alone.

I want to anyone who desires to commit to a healthier life style. I did not fully change my life until I was almost forty years old, so that means that it is never too late to begin living a healthier life. My mind set change happened in January of 2006, my weight at that time was 205. My daughter was going to be graduating from High School and I would be turning 40 that June, so I decided that by the time these events happened I wanted to weigh a 175lbs. My two younger children were playing ball at the community center so I took the opportunity to check the gym out, and with the help of the center in the form of a family scholarship I was able to begin my exercise program.

Since I had young children I would take them to play basketball in the gym and ride bikes out front while I work out upstairs. Being a divorced mother it is a struggle to find time for me. So, exercising at the gym was my "ME" time. I found that with great inspirational music, my forty-five minute workouts were complete before I knew it. I also found that working out was a great stress reliever and it helps me to feel as though I have accomplished something positive for me.

I try to go to the community center six days a week for at least 30mins of cardio. I try to make sure that Sunday is my day off. God rested on the seventh day and so do I. I try to make sure that I have breakfast everyday along with my multi-vitamin. Also attempt to make sure that I do not eat after seven at night, which is hard since I do not get home from work till six. If I do eat after seven I try to make sure that it is health and light. After a long week if I have done well with my eating I award with myself by having a cheat day, where I can eat what ever I want either on Saturday or Sunday.

I also have come to realize and accept that I am a "stress" and "mood" eater. So if I am sad or upset, even though my mind is telling me NO, my will power gives into eating bad sometimes. However, when that happens; because it does, I make sure that the next day I am right back at the gym telling myself; "God all things are possible", and I know that I can be successful. My stick with it tip is to know that you are worth the time and effort to be who you want to be, and to know that you are never alone. Talk to friends, family, God and they will be the encouragement that is needed when you feel it is just too hard.

I am still implementing health changes to my life, because now that I have been able to lose weight I want to make sure that I am doing what is necessary to maintain my loss. Just as I have a daily spiritual walk I also have a daily health fitness walk to maintain. I do not participate in either one of those walks then there is no growth. My ultimate weight goal would be to weigh between 130 and 135. In time I will reach this goal but as for now, I am enjoying the woman that I am today.