

I am a wife of 14½ years to my high school sweetheart and a mother of two active boys ages 10 and 14. At the age of 35, a history of health issues incurred by my mother and siblings made me realize I needed to get fit for myself and for my family. I wasn't extremely overweight, but enough that I wasn't comfortable in my clothes and felt weak. I had a need to feel stronger both inside and out. At the beginning of this set, I worked out at night and was stressing when I couldn't get it done either because of my kid's schedules or I was just too tired after working a 9 hour day. So, about 6 weeks ago, I decided to push myself out of bed at 5:00am, which was horrific considering I am not an early riser at all. It was one of the best decisions I made, not only did I begin seeing better results, but I actually had more time to spend with my family at the end of the day. I also incorporated walking at least 4 miles during my kid's practices and used a total body cardio workout on off days. Utilizing the community's tools and seeing others struggles helped me get through this first part of my journey. I know there is plenty more to work on within the next couple of weeks, including longer fasting periods better muscle improvement, but look forward to submitting even better photos in week 20. Thank you.