

The power of change

Lee Horton has discovered the benefits of health and fitness and has removed 'can't' from her vocabulary for good!

Where do I start? I guess I would have to go back quite a few years as that is how long I have been fighting the constant uphill battle of losing the flab and getting fit and healthy. To say that I have tried every diet is an understatement, lasting only a few weeks each time before giving up because it was 'just too hard'. I had spent literally thousands of dollars on different diets, gym memberships and personal trainers and was about to give up any hope of looking good and feeling great again. At 51, I thought it was too late to reverse the clock and just thought that women at my age had excess tummy fat and that there was no way of getting rid of it! I constantly felt tired and became extremely depressed as a result. My job requires me to be relatively fit and I started to struggle and fall behind on a daily basis.

It was only when a friend of mine who runs an online personal training business – www.GetActiveOnline.com – pointed out that it was never too late to get fit and healthy. They helped me understand that I just

needed to start believing in myself and see that it was never too late to change things, you just have to want it badly enough!

After convincing me to try a 12 week challenge and send the dreaded before pics in, there was no stopping me. I soon realised that I didn't have to starve myself to lose fat, and that by incorporating regular exercise I could really make some big changes. I was amazed at how good I started to feel.

At first it was hard, I'd gone from having a glass of wine each night to just a couple on the weekend! I also felt like I was eating all the time, but the big difference was that it was 'good' food. At first, it was hard getting up early to go to the gym but before long it had become habit and one which I will continue. I'm amazed at how much my fitness has improved when I first started out I tried a Spin class and thought I wouldn't make it through the class! Now I'm



Stats

Height > 174cm

	Before	After
Weight:	79.2kg	70.5kg
Waist:	105cm	89cm
Calves:	37.5cm	35.5cm
Arms:	31cm	29cm
Thighs:	63cm	52cm
Hips:	103.5cm	99cm

Training

3 x weight training sessions
3 to 4 cardio sessions
(variety of walking, spin classes, interval and jogging)

Nutrition

- Meal 1: Oats and chocolate protein
- Meal 2: Rice cakes and cottage cheese
- Meal 3: Chicken wrap
- Meal 4: Apple, almonds and chicken
- Meal 5: Chicken/fish/steak and salad or vegies
- Meal 6: Yoghurt and diet jelly. Lots of water!

a regular and actually enjoy going, even at 6am!

At the end of my challenge I have a new outlook on training and nutrition. I removed the word 'can't' from my vocabulary and have gained the determination to push myself harder at each training session. When I began to see results I became so excited and finally realised that it is never too late to change. This challenge has turned my life around and I am so ecstatic with my final results that I just want to keep going!

This is just the beginning for me as I now know what is possible. Later this year I'm heading overseas to visit my daughter and can't wait to back pack around feeling fantastic! *



A big congratulations to Amanda Laurie, last month's BodyBlitz winner. Unfortunately, in all the excitement we printed incorrect details of Amanda's end result. Amanda's starting point was 71kg and her finishing weight was 59.5kg – a fabulous result for her height of 161cm. You can read her amended story on www.sportzblitz.net



Even The Greatest Personal Trainer Will Go Broke Without A Steady Stream of New, Motivated Clients!

“FREE Marketing CD and Special Report Reveal The Secrets of How To Earn Over \$150,000 A Year As A Personal Trainer!”

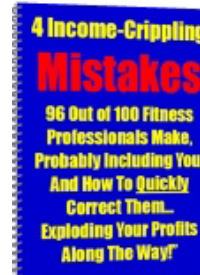
Could you use a constant stream of eager new clients for your personal training business? Learn how to generate more quality clients in a month than you now get all year! Now a FREE CD and Special Report reveal...

>> The 4 Income-Crippling Mistakes 96 Out of 100 Fitness Professionals Make, Probably Including You, And How To Quickly Correct Them... Exploding Your Profits Along The Way! This shocking 16-page Report reveals the four most damaging and destructive mistakes Fitness Professionals making over and over again in their business. Each is clearly described, but more importantly... **SOLVED**...in this Report.

>> The “Fast Track to Fitness Profits” one-hour audio CD reveals **THE** most crucial adjustments you **MUST** make to your fitness business marketing, sales, and management in order to claim the premier positioning within your community as the 'go-to' fitness expert like Trent Mitchell:

“It took only 4 short weeks before I saw an increase in my income of over \$2500 extra income PER MONTH! (That helps a lot!) You see, I was afraid to do what was suggested because I preceived that my clients were in control. Now, I know that I'm in control and by this new revelation, my clients feel they're in better hands. Here's what I've got 1) A marketing program that is FUN to use (although a little scary at times!) 2) I got off my butt and realised that I'm not in the personal training business. I'm in THE BUSINESS OF MARKETING PERSONAL TRAINING SERVICES AND PRODUCTS! 3) A lot more income. 4) More time to be creative with my marketing program and to spend with my family.”

>> The complete report and CD, valued at \$37, are FREE to Women's Health & Fitness readers for a limited time. Your success is guaranteed! Call now, 24-hours, 7 days, on 1300 85 15 30 or visit:



www.FastTrackToFitnessProfits.com