

Sherry Frankenbach

Last December I was reading a story in the Genoa Park District newsletter about Brooklynn Grismer's fabulous weight loss and it Motivated Me to drop into the Fitness Center for some advice on how to lose some weight of my own.

I set up an appointment with Brittany Tewksbury and we talked about my goals and how to reach them. She was very straightforward stating that if I weight trained with her I would need to do cardio on my own or I would not see the results I wanted. After my 10 sessions with Brittany I didn't see any miraculous weight loss but I did have **more energy and I just felt better**. So I signed up for another 10 sessions and then another and another. At first I kept going simply because I liked Brittany so much but then I realized that **my clothes were getting looser**. According to the scale I was only **down 8 pounds but I had lost 11 inches!** Then in July I learned that my triglycerides (fat in the blood) were sky high and my hereditarily high cholesterol was rising even with medication. I talked to Brittany and she ramped up my program and I got serious about doing my cardio responsibility which I readily admit had been lacking.

Two weeks ago I learned that my triglyceride levels have dropped over 100 points and my cholesterol dropped 35 points. The doctor is beyond pleased and says that it's the exercise. Best of all, people have started asking me if I've lost weight and last week I bought a pair of jeans one size smaller.

Down 8 pounds & 11 Inches so far! . . . And not done yet!