

**PROOF
POSITIVE**

- Lost 25+ Pounds
- Gained Muscle
- Lost Fat
- Getting Stronger
- Loving Life

MY TREEHOUSE STORY!

- Jennifer
(Treehouse Member since 2003)

I never thought I'd be the person in the weight loss story. I grew up always being thin. Then one day not so long ago, I felt like I was staring at a stranger in the mirror. Where had the extra pounds come from? In actuality it was pretty easy to figure out. They came from years of no exercise and eating whatever I wanted!

SET THE STAGE

I married at 27, and had my two boys by 33. When I graduated from high school I weighed 110 pounds, and over the next 10 years increased to 117. Not too bad. I had typical pregnancies, and because I thought of myself as the same skinny person, I didn't think exercise was important. I played lots of sports, even throughout my pregnancies. I played county rec softball, volleyball, and basketball, so I thought I would be just fine. As my boys got older and I started focusing on their activities instead of participating I started gaining weight.



My Favorite Things to do at Treehouse

Pilates
(Private & Group
Reformer)

Group Fitness Classes

"Zumba"
"Armed & Dangerous"
"Rock Bottom"
"10 Round Kick Boxing"

Jennifer is the Marketing Director at Treehouse Athletic Club, and believes she is "proof positive" that working out and eating right is the best way to physical fitness and good health.

ACT ONE

Last year, at 52 I decided I had had enough. I've worked at Treehouse for years and still couldn't get myself motivated until I put into practice what I was researching and advertising for Treehouse. My success began with two things: an 8-week program called "Fit Club," and Pilates. Both of these helped kick start me to some visible results. This was exciting! Later I participated in another Treehouse program called "Boot Camp Series," where I thought I was going to die, but I was determined to finish all 16 weeks! I earned a T-Shirt (*that I designed*) and the realization that working out had it's benefits! Additionally I also discovered through these two programs that "I love Group Fitness Classes!" This was new to me - I've never been that person before and if it weren't for those two programs I wouldn't have ever tried many of those classes.

That is what is so exciting! Through using my Club Membership I have finally found what works for me. And one thing I'm certain of, is that what works for me, may be completely different than what works for someone else. The trick is to try a lot of different things to find what works for you. As part of "Fit Club" we were also given nutrition information. I became wiser and learned how to eat healthier. I tried a couple of things and through trial and error learned that, for me, eating smaller meals more often was a critical part of my success.

Let's be real, I'm way past losing weight for looking good (*although that is a great added benefit*). Being an "older" Mom, means I'll be an "older" grandmother one day, and I want to be well prepared for that. Keeping up with my niece's kids when they visit for a few weeks every summer has proven to be a challenge. I'm hoping that by the time I have my own grandchildren I'll be stronger and in good enough shape to do things with them.

GRAND FINALE

My long term goal is to slow down the aging process as much as possible. I want to be stronger so I can do things I no longer thought I would be able to do. I want to try things I hadn't even planned before now. I'm like everyone else. I'm a wife, a mother, I work, I play, I volunteer at church and in the community, and I try to do it all in grand fashion. I haven't "found" the time to work out. I've "made" the time. I've chosen to eat healthier every day. I truly believe that by making these two things a priority in my life, I'm better at everything else I do (or try to do) because of that decision.



We want to hear your Treehouse Story - Email it to jennifer@tafitness.com