

# Pam P. Lost 19.4 Pounds!

**PAM P.**

**AGE 57, PERSONAL ASSISTANT**

Fairfield Fitness For Women Member SINCE NOVEMBER 2016

Total pounds lost: 19.4 POUNDS

What was your main purpose for joining Fairfield Fitness For Women? Lose weight? Tone up? Get out of an emotional rut? Other?

**I WAS TIRED OF BEING TIRED! IT WAS TIME TO TRY, ONE LAST TIME, TO GET MY WEIGHT UNDER CONTROL. I HAVE TRIED WEIGHT WATCHERS IN MEETINGS AND ON MY OWN. I HAVE TRIED TO DO DIET AND EXERCISE ON MY OWN, BUT I NEEDED TO HAVE A BETTER UNDERSTANDING OF HOW TO EAT AND LOSE, HOW TO MAKE BETTER CHOICES AND HOW TO MAKE MYSELF STRONGER. FAIRFIELD FITNESS FOR WOMEN DOES THAT - THEY TEACH YOU HOW TO REACH YOUR GOALS.**

Did you achieve or exceed your goal? How does that make you feel?!

**I EASILY ACHIEVED THE GOAL I SET UPON JOINING, AND NOW I FIND IT EASIER TO KEEP SETTING MINI-GOALS, WHETHER IT BE WEIGHT LOSS GOALS, OR EVEN SETTING GOALS OF HOW OFTEN I MAKE IT IN TO WORK OUT, OR ACHIEVING A CERTAIN NUMBER OF MILES A WEEK ON THE BIKE. WHAT A GREAT FEELING TO KEEP REACHING THESE GOALS!**

How has your transformation affected your self-esteem, overall confidence, stress, happiness, outlook, other?

**I FEEL AWESOME! HAVING BEEN FROM SIZE SMALL TO XL OVER THE YEARS, I KNOW HOW EACH STAGE FEELS, AND I KNOW THAT XL DOES NOT FEEL GOOD. IT IS EXCITING TO STAND AT THE CLOSET EACH MORNING AND KNOW THAT YOUR CLOTHES ARE GOING TO FIT. I FEEL EVEN BETTER ON THE INSIDE THAN I THINK I LOOK ON THE OUTSIDE.**

What do you like best about Fairfield Fitness For Women?

**FAIRFIELD FITNESS FOR WOMEN HAS GOT YOUR BACK! NOT JUST THE OWNER AND TRAINERS, BUT THE OTHER MEMBERS AS WELL. EVERYONE IS FULL OF ENCOURAGEMENT, AND THAT IS A GREAT MOTIVATION. HAVING TO WEIGH IN ON A REGULAR BASIS KEEPS IT REAL, AND HOLDS ME ACCOUNTABLE. I LIKE THE FACT THAT YOU CAN STOP IN AT ANY TIME AND JUST CRANK OUT A QUICK 30 MINUTES OF CARDIO IF THAT IS ALL YOU HAVE TIME FOR THAT DAY. THE NUTRITIONAL SUPPORT UPON JOINING HAS ALSO BEEN A KEY TO SUCCESS. OF COURSE THERE ARE DAYS THAT I FALL OUT OF SYNCH, BUT I KNOW THAT I JUST HAVE TO PULL OUT MY NUTRITIONAL SHEETS AND I CAN GET RIGHT BACK ON TRACK. OH, AND THE OWNER AND TRAINERS ARE PRETTY SPECIAL, TOO!**

What has been the BEST part about your experience with Fairfield Fitness For Women?

**PUTTING MY HANDS ON MY HIPS AND FEELING TAUT MUSCLES. SEEING A REFLECTION AND REALIZING THOSE ARE MY LEGS. BEING ABLE TO DIG DEEP INTO THE CLOSET AND PULL OUT ITEMS THAT HAVEN'T BEEN WORN IN A LONG TIME. SEEING THE STRENGTH IN MY ARMS WHEN I AM CARRYING TOO MANY BAGS OF GROCERIES. RUNNING. KNOWING THAT I DID THIS MYSELF.**

When and why did you decide to make this commitment to yourself, to join Fairfield Fitness For Women and set a goal to lose weight, tone up, etc.

**IT WAS GETTING TO BE LATE NOVEMBER WHEN I SAW THE AD AND DECIDED TO JOIN. EVERYONE THOUGHT I WAS CRAZY TO START UP JUST BEFORE THE HOLIDAYS. I FELT THAT I HAD TO JUST TAKE THE FIRST STEP - TAKE THAT LEAP OF FAITH, AND WHAT A GREAT LEAP IT WAS. THROUGHOUT THE HOLIDAYS, VACATION, EVEN A BROKEN ANKLE, I WAS ABLE TO SET AND ACHIEVE MY GOALS. COMPLETING MY NUTRITIONAL SHEETS DAILY KEPT ME HONEST ABOUT WHAT I ATE OVER THE HOLIDAYS. WHEN I WENT OFF ON VACATION, THE TRAINERS SET ME UP WITH A PROGRAM TO DO WHILE I WAS AWAY. EVEN IN A BOOT AND ON A CRUTCH, THE TRAINERS MODIFIED MY PROGRAM SO THAT I COULD STILL WORK ON MY GOALS.**

Pam's Testimonial:

**I AM SO HAPPY TO HAVE FOUND FAIRFIELD FITNESS FOR WOMEN! AFTER SO MANY ATTEMPTS TO LOSE WEIGHT, I HAVE FINALLY FOUND THE RIGHT WAY TO DO IT - WITH PROPER DIET, EXERCISE AND A GREAT SUPPORT GROUP, YOU CAN LOSE THE WEIGHT AND KEEP IT OFF. FAIRFIELD FITNESS FOR WOMEN HAS GIVEN ME A BRAND NEW SET OF TOOLS FOR MY HEALTHY LIFE TOOLBOX! THANK YOU FAIRFIELD FITNESS FOR WOMEN!**

**PAM P.**