

Winning the battle: Just Make the Right Connexion!

By Julie Workman

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Do you know someone who wants to lose a few pounds? Everybody does. In fact, in 2014, weight loss was a \$64 billion industry, fueled by all the diet and exercise fads that come and go.

Have you ever heard of the cabbage soup diet? The grapefruit diet? Scarsdale, Dexatrim, South Beach, Atkins, Alli, Paleo? How about 8-Minute Abs? Boot Camp? Pole Dancing for fitness?

These fads will always come and go, but the fact remains that the only way to lose weight for good is to burn off more calories than you consume.

Easier said than done, of course, but it's possible, and "It's never too late to get back on track," says Dafne Greene, the owner of Fitness Connexion. "We're here to help, and we have seen some amazing success stories. Our gym is designed for women, by women, and we offer not only the very best in training but a comfortable atmosphere with equipment and classes that deliver sustainable motivation for our members."

Megan Smitley can vouch for that. Smitley joined Fitness Connexion last fall and in less than a year has lost 70 pounds.

"My weight was never an issue for me until about five years ago," says Smitley. "I was always very active; I was a cheerleader in junior high and high school and in great shape. My desire to lose weight was my whole reason for joining Fitness Connexion, and I'm so glad I did!"

"I knew that being overweight wasn't healthy, but I didn't know what to do next. I tried the at-home-20-minutes-a-day workout DVDs; I joined some other gyms, but I wasn't motivated enough on my own to stick with the DVDs, and the big gym experience just wasn't for me."

"My friend had been working out at Fitness Connexion, and suggested I give it a try, so I came in, signed up for the 16-day free trial, and I was sold," Smitley continued.

"I always looked forward to my workouts at Fitness Connexion. It's so personal and welcoming, and it was a huge advantage for me that it's set up for women only. I enjoyed seeing the girls every day, and it turned in to a part of my routine that I loved. I found that I needed that gym atmosphere to stay on track."

"It's intimidating to go into most gyms if you're not already in great shape, but I never felt uncomfortable here. If anything, I was frustrated that I couldn't do as much as I wanted to. But everyone is so nice; you never feel judged."

There's no doubt that losing 70 pounds is a big change for anyone, but for Smitley, "I find myself way more excited to get dressed and go to work or go out now. I'm down from a size 14 to a size 0, and shopping for an entirely new wardrobe personally and professionally has been fun! I never have to worry about what I will wear or if it will be flattering anymore."

"It's great to see people I haven't seen for a while; they can't believe I lost so much weight in such a short amount of time. They are always interested to hear my story, and it's wonderful to hear the compliments."

"My friends and family have been 100% supportive. They know that I'm happier and living a healthier lifestyle now. I'd tell anyone who wants to lose weight to go straight to Fitness Connexion and get started now!"

Fitness Connexion is a gym for Women, by Women, located at 3302 Gerig Drive in Bloomington. Owner Dafne Greene invites you to come in for a complimentary tour of the facility, and a free 16-day trial membership. You can reach Fitness Connexion at 309.663.6100 or info@fitnessconnexion.net.