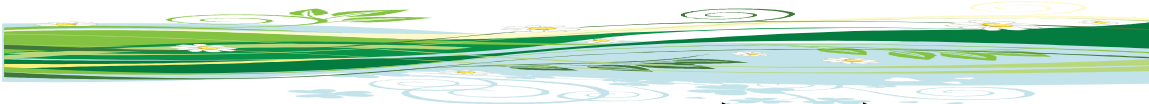


# *Fitness Inspired Transformations*



## *Jewel Nowicki*

*I had every excuse under the sun for being inactive.*

At the beginning of my transformation, I was a 49-year-old woman with high cholesterol, borderline diabetes, overweight and very inactive. I had many reasons for being inactive and every excuse under the sun — lack of time, family issues and work.

My employer started a wellness program, which included meeting with an ARMC health coach. The coach drew a time chart which consisted of personal time, mental time, family time, and physical time. I was missing personal and physical time. If I wanted to be around for my family, the change had to come from within.

Soon after, my employer signed up for the BAC Corporate Challenge. It sounded like a fun way to lose weight, eat better and interact with my coworkers, who are a competitive bunch. I jumped in with both feet. At my initial set-up, I was measured, weighed and tested to gauge my exercise level. It was embarrassing. I did not do well, but the trainer encouraged me. The trainer developed a plan including: group exercise classes, strength training, floor exercises, a corporate group workout and at-home exercises.



*I am 45 lbs. lighter since July!!*

As I started exercising, I was very sore, especially my stomach muscles which had not been worked in a long time. I was working hard, but wasn't feeling thinner yet.

I was very thirsty all the time and my appetite was reduced to nothing. I didn't yet understand why. I kept exercising, but was not seeing any change in body shape. In fact, I was swelling up like a balloon. On the fourth week, I bent down to get into my car and threw my back out. When I went to see a nutritionist, I was told that I was dehydrated. That couldn't be. I was consuming a lot of water for the first time in my life. The doctor asked what I was accustomed to drinking before the Corporate Challenge. I was a heavy diet soda drinker, and was told that I was having aspartame withdrawal symptoms. I was started on a kidney flush to rid the toxins. The Corporate Challenge was the best thing I could have done for my health.

At the end of the six weeks, I got results and a new outlook on life. YES! I lost 22.2 pounds and nine inches. I increased my sit ups by 12 and my pushups by 13 in one minute. The program opened my eyes to exercise and healthy eating; and I've continued. Since August, I've lost an additional 23 lbs. I am now 45 lbs. lighter since July!!

I'm thankful to BAC and to my health coach. My advice is to stop making excuses. I am proof that the benefits outweigh the challenges.