



Charlene's Journey

In 2005 I went on a cruise with my sister. She was celebrating her 49th birthday and I was celebrating my 50th. While looking at pictures taken on the cruise, I decided to run straight to Weight Watchers and the Las Vegas Athletic Clubs!

I had been thin my entire life, working for over twenty years as a cocktail server. I began gaining weight when I quit work in 1998. At first it was just a few pounds a year and I blamed it on aging. Until I saw those pictures from our cruise, I was in denial. When I finally got the courage to step on the scale, I was shocked. I had packed on 50 pounds!

The women in my family have all developed weight and health issues in their early forties, and I was determined not to have that happen to me. When I began at LVAC, I started by walking on the treadmill, taking a few low impact aerobic classes and beginning Yoga. Later, I worked up enough courage to try Body Pump, Pilates and Sculpt. I was going to the gym four to five times a week, and I found that taking group fitness classes kept me much more motivated than working out on my own. Now, I love participating in a wide variety of classes including Zumba, which is one of my new favorites!

Before LVAC, I always hated exercising and found it tedious. Now I have discovered that if you can find a way to make it fun, then you will remain disciplined. LVAC group fitness classes are FUN and helped me to lose 53 pounds, 39 1/2 inches and take my BMI from 32% to 23% in the span of ten months.

Charlene's Journey Through 10 Months

Before

BMI: 32%

Waist: 37.5"

Weight: 182 lbs.

After

BMI: 23%

Waist: 27.5"

Weight: 134 lbs.

I reached my goal weight in July of 2006 and I have kept every bit of it off, maintaining my weight for over five years. I still attend group fitness classes at least three times a week. I don't diet by restricting myself; instead, I make healthier choices, watch my portion sizes and treat myself to dessert every night!

I am now 56 years old and unlike my family members, have never needed medication for any health issues. This is extremely important to me in light of my family history. What's the very best part of being healthy and fit? I'm able to keep up with my eleven-year-old grandson, doing things with him that his own parents won't even try!