

Body by Julie

By Charles Murray

I met Julie in her Spin class which I love taking. After about a year of taking her classes she invited me to take part in a **30-Day Weight Loss Challenge**. Her invitation could not have been timelier. I had become extremely frustrated with my weight gain and overall physical condition. In about three months I'm going to be Fifty-five years old. Over the last three years I had gained about 30-35 pounds. My energy level was lower than I'd ever experienced, my cholesterol was getting high and my body was unrecognizable to me. Yes time and gravity takes it's toll but this was not my body or the quality of life I was accustomed to. Sugar had become my main food group and I was hooked on binge eating late at night while watching TV. So the idea of losing weight was more than appealing to me. I was a bit worried about the workouts only because I had injured my left shoulder a few month's earlier. Julie reassured me that I could still train while rehabilitating my shoulder at the same time. I was sold.

Julie provided me with everything I needed to make this 30-Day Challenge successful. She gave me a "**Grocery List**" to stock my refrigerator with and keep me eating only healthy foods, a "**Meal Plan**" which included menus for six moderate meals a day so that I would never feel hungry, she took my weight and measurements so that I could see the results as they were happening and most importantly "**Private Workouts**" twice a week for one hour. I had to promise to do at least two other workouts each week on my own, which was easy once she got me motivated. Our Private Workouts were especially easy since Julie worked around my crazy schedule and we met via **Skype** twice a week. Yes that's right, she worked me out in the privacy of my own home. I found myself getting excited the day before knowing I had a Skype workout planned for the next morning.

I was determined to make it through the entire thirty days and not cheat. No Sugar, No Salt, No Juice, Wine or Alcohol and for three straight weeks No Carbs, all while I kept my busy work schedule. Julie is a born motivator. I could hear her voice in my head saying, "you can do this" every time I felt weak or tempted to eat the wrong thing. I've always loved water and it felt awesome getting back into drinking it consistently.

Well I did it! Thirty days and inches fell off in places I thought would never slim down and in total I lost 21 pounds. I don't want to stop. I decided to keep on her diet plan for another 30 Days and increase my workouts. I feel so much better. I take the "E" Train to 50th Street to get to the gym where I take Julie's spin class. The E train is two levels below ground with only stairs to get to the top. I've never counted them but before the 30-Day Challenge I would be winded before getting to the street and need to rest. The other day I found myself behind a very slow walking couple as I got off the train. I was trying to get to class on time so I darted in front of them and jogged up the stairs. I got to the street and it hit me. I was not winded. I didn't even feel those stairs. My energy had returned and my body was getting back to a place I recognized. "**Body by Julie**" I'm ready to take off the next 20 pounds. Than you Julie!