

December 10, 2009

You Can Reach Your Goal

In March 2007, Jennifer Murray came to the realization that she had to do something about the back pain she was experiencing. She knew that if she lost weight the pain would go away so she set a goal to lose 5 pounds. When she lost that first 5 pounds she decided to try for another and another.

She began her weight loss journey by walking for 10-15 minutes a couple of times a day. Her next step was to change her eating habits. She began to watch her portion control and looking at the dietary information of the foods she was eating. As her weight loss progressed she began increasing her workouts.

Now Jennifer works out with Jordan Hudson, a personal trainer, 2 times a week and takes group cycling classes 2 to 3 times a week at the Pickens County YMCA. She also runs 3 to 6 miles a few times a week on her own.

Jennifer says, "I started personal training with Jordan in May 2009 and while it's always torturous I've seen a lot of progress. Every session is different, involving bits of strength, endurance, balance, agility and it follows the CROSSFIT style fitness module."

To date, Jennifer has lost 122 pounds. She says the hardest part of her journey is continuing to keep the weight off because she doesn't want to go back to being obese and having to deal with the back pain and self-confidence issues.

"My advice to anyone is that losing weight and working out isn't something you do one day and don't do the next. To be successful you have to work at it every day. Some days are just tougher than others," says Jennifer.

She knows that without a structured plan with someone who knows what they are doing she would not have been able to see these sorts of results. She is motivated by her personal trainer, Jordan Hudson, group cycling instructor, Greg Fish, as well as other members at the Pickens County YMCA who are going through the same struggles that she is.

If you are looking for a place to begin your weight loss journey or to start a healthier lifestyle consider the Pickens County YMCA. For more information on memberships, personal training and fitness classes visit www.pcyymca.net or call 855-9622 or 878-8380.



Jennifer Murray before she began her weight loss journey.



Jennifer's trainer, Jordan Hudson, uses creative ideas for her workout.