

## ***Meet Amanda...***

Amanda Bradford is a big success in big weight loss. **100 pounds of success.**

Read more to find out how she reshaped her mind and body.

Three years ago, Amanda and her son were playing at the park; the only problem is that *he* could play, and *she* could not. “I realized all I did was sit and watch. In that moment, I knew I had to stop being selfish and unhealthy, and Kevin was the inspiration.” It was going to be a long journey, and now, three years later, she’s conquered many goals, and is tackling those that are still ahead.

The eating aspect came first. “I started Weight Watchers, and this is something I expect I’ll do forever. Staying on track every day is challenging, but I do not consider a mistake a failure. It’s not about perfection, it’s about progress”, said Amanda. Quitting soda was a big change with a lot of impact. She also prepares meals at home, and considering she works in the fast-food industry, that’s a huge advantage. Amanda attends Weight Watchers meetings to address issues related to addiction and stress-eating.

The second phase of this journey was her gym membership. Amanda joined Infinity six months after starting Weight



Watchers. That was in October 2015. In her words, she had “no fitness level”. Now, fitness is her way of life, and she’s a committed Zumba and Spin fan. She credits her instructors for making exercise fun – and she’s found another support network in the friends she’s made at the gym. Amanda counts Marci, our Zumba instructor, as a true friend, an amazing teacher, and a trustworthy, great person. Marci describes Amanda as a hero of determination and dedication. Chuck, our Spinning instructor, has also been a powerful influence. Amanda loves Spin – after all, it’s a high-energy, calorie-torching, and sweat-breaking ride with a backdrop of great music and a motivating teacher. Chuck applauds her amazing commitment which is allowing her to beat the odds. Amanda is aiming for strength training as a third piece of a complete program.

Amanda is unique and special to us at Infinity. She took responsibility and control of her health and isn’t stopping. Kevin was the first reason, but now, there are so many more. A healthy lifestyle is available to everyone. You CAN change patterns. Rewrite your story. Infinity is here for you. SHOW UP, connect with your teachers, find accountability partners, make some friends, set some goals, *enjoy your rewards*.

