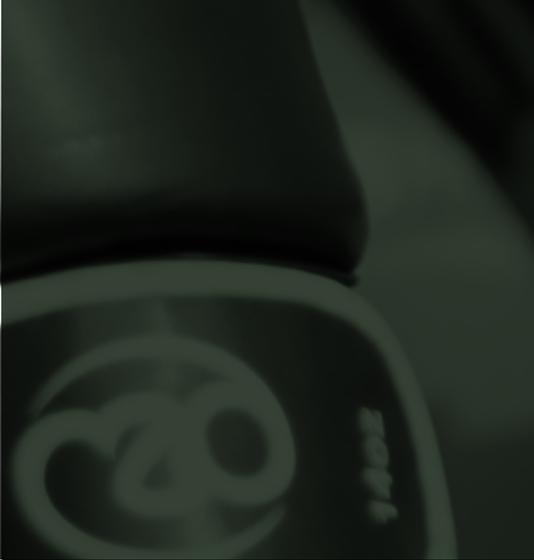
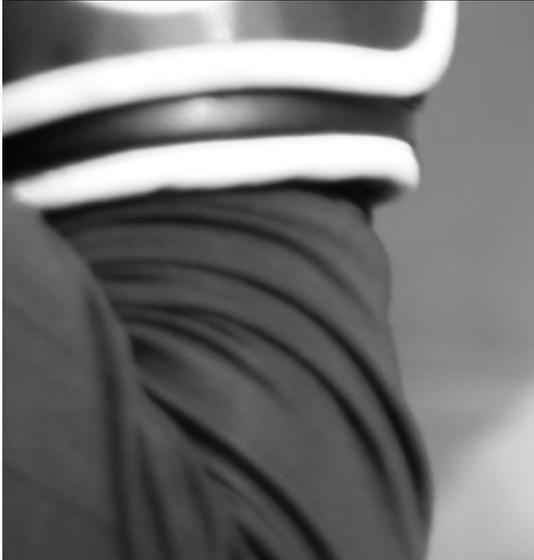


 **BODYSHOT**  
**PERFORMANCE**®  
FITNESS IS IN YOUR GENES®

Client Stories



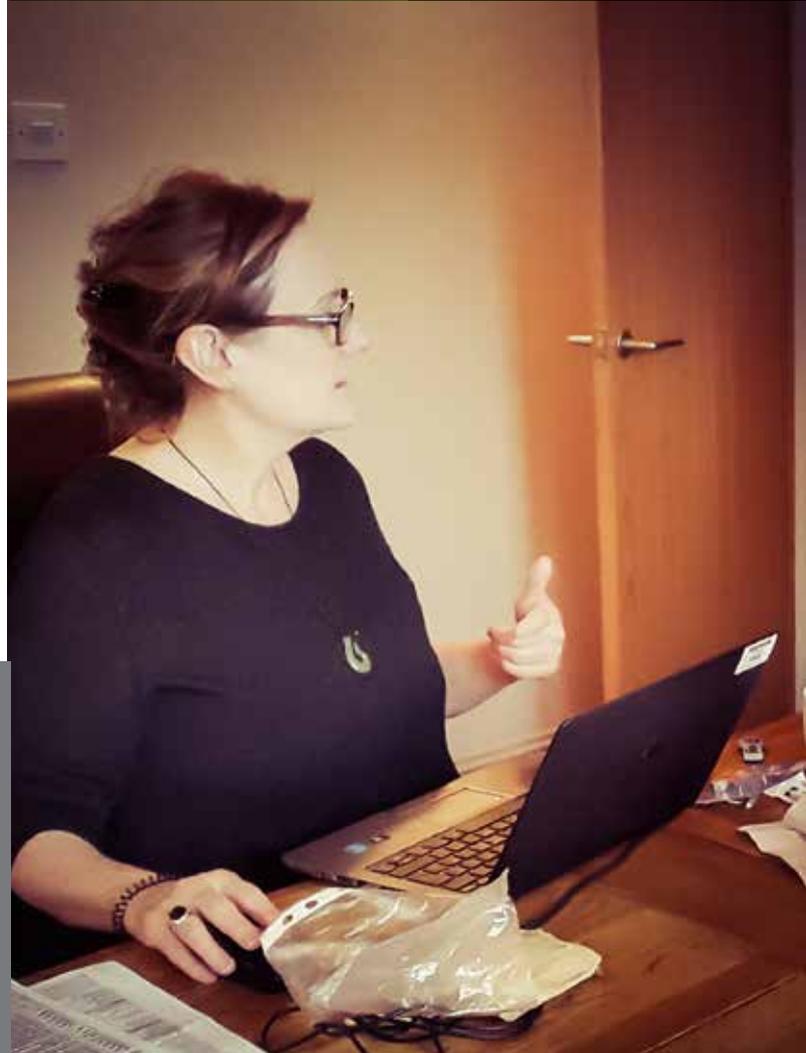
MARIA  
COOPER



# MARIA'S STORY

Maria was a line producer at the BBC before taking voluntary redundancy in April 2017. She left her successful job to focus on her health and create a better work / life blend.

She became a client in June 2016 and is one of our biggest success stories.



## THE PROBLEM

I used to be a Line Producer at the BBC. In June 2016 I was at the end of a production and I was burnt out. I was very, very tired and for a couple of months before that I'd been thinking I really do need to try and sort this out. I was 14 and a half stone, I had Rheumatoid Arthritis which was getting worse and I was constantly shattered. I was at a stage where I struggled to even walk up and down my stairs at home and I think possibly I was a little bit depressed. I had no space and no time for myself and was frustrated that I was stuck in a rut.

At times on a production I was working up to 15 hrs a day, 7 days a week.

I'd eat whatever food was quick and easy and I didn't exercise.

There was no space for me. Looking back, I can see that eating was a coping mechanism. I ate lots of carbohydrates; lots of bread and cheese. All the things that I shouldn't have been eating. I can't believe how much I used to consume, but it was all through tiredness.

*I went for it and it was the best decision of my life.*



## CRUNCH-TIME

When I was diagnosed with rheumatoid arthritis it was life-changing. It did contribute to me putting on weight and being in pain a lot of the time. I would think, "Oh, I'm feeling a bit of pain I'm not going to exercise." When in fact what I should have been doing was completely the opposite. I got to the point that I didn't really enjoy going out. Something had to change.

## WHY MARIA CHOSE US

My partner saw one of the Bodyshot team training someone locally and checked out the website. She'd seen my weight fluctuate over the years. She saw how desperate I was being both over weight and in constant pain with rheumatoid arthritis and thought it could be an option.

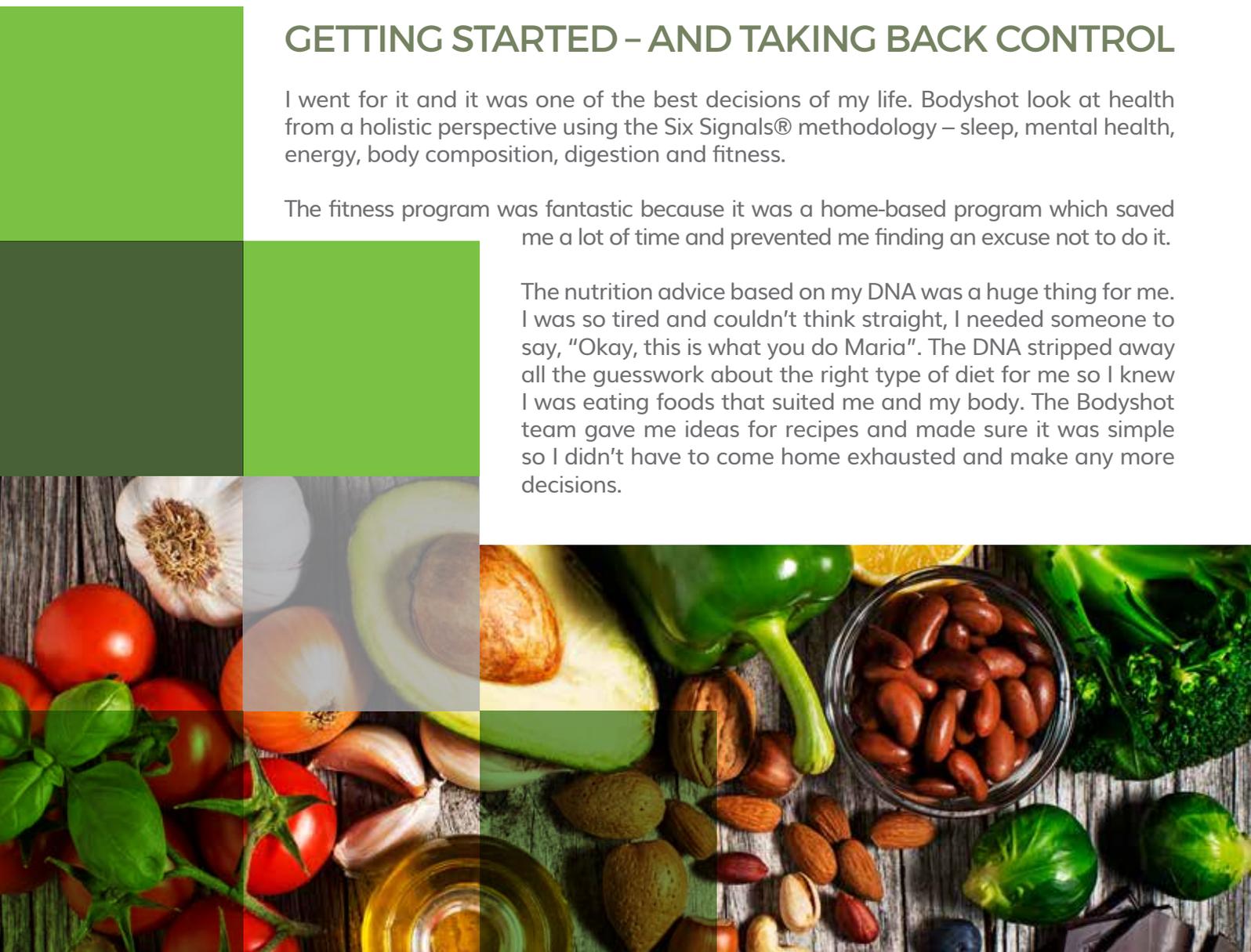
I was at the stage where I knew I had to do something about my weight and energy levels but I just couldn't do it alone. I was too busy and didn't have the time or expertise to fix it myself. Bodyshot took control and found a solution that worked for me which was a focus on weight, exercise and nutrition in a holistic sense.

## GETTING STARTED – AND TAKING BACK CONTROL

I went for it and it was one of the best decisions of my life. Bodyshot look at health from a holistic perspective using the Six Signals® methodology – sleep, mental health, energy, body composition, digestion and fitness.

The fitness program was fantastic because it was a home-based program which saved me a lot of time and prevented me finding an excuse not to do it.

The nutrition advice based on my DNA was a huge thing for me. I was so tired and couldn't think straight, I needed someone to say, "Okay, this is what you do Maria". The DNA stripped away all the guesswork about the right type of diet for me so I knew I was eating foods that suited me and my body. The Bodyshot team gave me ideas for recipes and made sure it was simple so I didn't have to come home exhausted and make any more decisions.



I invested in an OURaring which helped me focus on my sleep, or lack of it!

The coaching sessions were brilliant too because that helped me focus and stay on track, and explore new ideas. That aspect of the program was invaluable.

## STRIDING INTO THE FUTURE

I don't consume many carbohydrates anymore apart from a lot of vegetables of course. I feel energised, and I know it's to do with my diet, regular exercise, movement and being much more self-aware.

I wear and use the OURaring every day. I check the data every morning and if I haven't had at least seven hours sleep I look at how I can ensure I get enough sleep the following night.

I do exercise every day and if I'm not doing weights, jogging or have my personal trainer here, I'll walk the dog. I just love being strong as it gives me so much more energy, which is why I'm going to carry on with the exercise. I really want to carry on with weights too. Because of my age (53), I know that I need to continue doing weights for the rest of my life.

I'm a much happier person. I used to wake up feeling tired and down and unable to even muster the energy to plan my day. As soon as I got up, everything felt overwhelming. Now I make sure that I get a good nights sleep and I start the day with a plan; I do some stretching, have a good breakfast, exercise and make sure I get lots of natural light and it has been utterly life transforming. I could never imagine myself now not exercising and not eating well. I just can't imagine it. And I don't want to go back there.

## CLOSING THOUGHTS

I never thought I would spend that sort of money on myself, but I wish I'd done this 20 years ago. I wouldn't think anything of splashing out on a holiday so why did I hesitate on investing in myself? And I don't know why I hadn't thought to employ experts to help me out of the situation I was in. It seriously is the best money I've ever spent.

I'm working on increasing my muscle mass and building on the exercise to give me the energy and the strength to lead a normal life. I just had it so wrong. My rheumatoid arthritis is also much more manageable. I still get pain now, but I feel more in control of it.

For the first time in my life I don't worry about what and how much I eat. I literally eat what I enjoy knowing it's the right food for my DNA.



I love eating out and enjoy a glass of wine and my weight hasn't fluctuated at all in the past 8 months. I've lost 5 stone and feel amazing.

Going forward it helps me focus to have a personal trainer once a week and coaching once a month. I've climbed Snowdon and Scafell in the last year and plan to climb Ben Nevis and am also training for a 10km trail run. And who knows what else!

## MARIA'S ADVICE TO YOU

My advice would be to invest in yourself. Really invest in the process and you'll succeed. Since the age of 20 my weight has gone up and down. I've tried every diet and every form of exercise. Nothing has worked until now. I feel I have so much knowledge now and I've got all the tools. I feel like this is it now for me. This is my lifestyle. I've managed to sort my life out with help from the Bodyshot team.

I'm in a much happier place right now because of it.



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