



FITNESS
IS IN
YOUR
GENES™

CASE STUDY

JANE
WRIGHT

JANE'S STORY

Meet Jane, 51, an HR Director who lives in South London. Jane's story is a very frank depiction of the highs and lows of fitness, and how to deal with injuries and other setbacks. I have a lot of respect for how Jane has continued to persevere with her exercise regime despite the challenges, using her successes and the big and little wins she's enjoyed over the last 2-3 years to carry her through the tougher times. Thank you to Jane for sharing her story.

JOURNEY TO EXERCISE ENLIGHTENMENT

My journey to exercise enlightenment kicked off in autumn 2012 when I decided to find a Personal Trainer after coming to the realisation that my lifestyle had become progressively more sedentary. My forties were fast running out (as were the excuses...). I was unfit, overweight and too lazy to even contemplate a stroll round the park with my husband! I had a big milestone birthday looming and I did not want another decade to go past without taking action on good intentions. Luckily, I found Bodyshot!

It was hard to start with and I really needed someone to encourage (and make me!) do the regular exercise sessions. However, pretty soon came the realisation that I was really starting to enjoy the progress I was making. It wasn't just the exercise - Leanne gave me advice on nutrition which helped me make changes to my diet. I wasn't perfect and

I still overindulged at weekends, but I learnt that balance was the key and that the small but significant lifestyle changes were paying off. My physical progress was 'slow and steady', but once I was fit enough I started running and that's when the weight fell off!

Added benefits

The other key benefit was that the exercise lifestyle changes were helping me manage stress and the sense of achievement and purpose I now had helped me deal with work chal-



lenges (not least being made redundant after 27 years with the same company).

Moreover, I discovered I actually enjoyed running and with Leanne's encouragement, I entered my first Half Marathon. By this time, I had lost two stone, two dress sizes and was feeling fitter than I had for over a decade! I felt so positive and really enjoyed the lifestyle and mindset changes. Compliments from people also reinforced the feel-good factor.

A boot camp/fitness holiday followed – another first – plus it reinforced the fact that I'd met some lovely people along my exercise journey. I felt so positive about myself and reached my goal of being Healthy and Fit for my 50th Birthday!

Setback and adjustments

Exercise had become a big part of my life, but after the high come the low! Unfortunately, my new found enthusiasm for exercise triggered an injury which prevented me from running and the last year has given me a different perspective to exercise: one of annoyance that I can't do as much! Some of the weight went back on and I've felt very frustrated about not being able to run and I miss the achievement of beating goals. However, I've adjusted and the Bodyshot team have provided fantastic support throughout this period and adapted my PT sessions to focus more on rehab and core strength building. Regular exercise might now be 1 or 2 rather than 3 or 4 sessions a week, but it is still part of my weekly routine.

What it means to me

Overall, what I have learnt is that regular exercise and feeling healthy has a powerful knock on effect to my positive mental attitude. My new job has been very full on and the added pressure of being the new girl adds to the challenge. My husband reminded me of this the other day when he observed how an early morning PT session was a great tonic and stress reliever for me. He reminded me that it wasn't just the physical benefits, but that ticking the exercise box helped me manage my work related stresses. He was right. I need to

have exercise as part of my weekly routine. It's no longer that "good intention" thing, it's a necessity! Hopefully, if I keep up my "Patience and Consistency" mantra, I'll get through this injury and be able to run again at some point in the future (and my first Half Marathon won't be my last!)

If you're interested in talking to Bodyshot about how we can help you, please get in touch with Leanne on 07401 441 818 or send an email to info@bodyshotperformance.com.



INFO@BODYSHOTPERFORMANCE.COM
WWW.BODYSHOTPERFORMANCE.COM