

## Web Page: About

G'day! I'm [REDACTED], Certified Personal Trainer.

I'm originally from Australia. My brother, sisters, and I grew up in Brisbane and Melbourne, just 45 minutes from the beach. Yes, there were kangaroos, and yes, many mornings I was woken up by the sounds of tropical birds instead of an alarm clock. However, I adore adventure and knew I was going to say goodbye to the outback, eventually.

The travel bug bit my family and me just over 12 years ago, which is when I moved to the U.S. Though we do vacation back to Australia occasionally, our entire family is here for good (for now, anyway). Since moving, our family has grown even more: I'm now an aunt to four boys and four girls, and spoiling them is one of my favorite hobbies.

One way I like to spoil my nieces and nephews is with delicious food, a theme that's been present throughout my life. Growing up, I never had to worry about what I ate because I was always tiny and didn't gain any weight. However, in my early 20s my body decided to turn on me. I was living in Florida and became acutely aware of my weight gain. It took 22 pounds of excess before I finally decided I had to make a change.

Change is never easy, and my body was no exception. At first I tried all the easy ways out: alleged ab miracles I spotted on infomercials, strange diet pills, and various crash diets. As you might expect none of these worked. My spirit was crushed, but not destroyed, each time I gained back any auxiliary weight I'd lost.

As a last resort, I turned to a gym. At first I was anxious because I didn't expect to see results and was completely misinformed about how exercise can change your body. But something incredible happened. After just 14 days of training and eating right, I lost 15 pounds! It felt like absolute magic, and I was a completely different person because of it. This inspired me to move to Ohio in 2005 to become a Certified Personal Trainer. I was pursuing my dreams and loving every second of it and sustaining a healthy lifestyle all the while.

However, as you might expect, I ran into some obstacles. I was experiencing severe and unexplained stomach pain, which, as someone who is acutely aware of her body, is profoundly terrifying. In 2012, a gastrologist diagnosed me with Irritable Bowel Syndrome. I once again had to adjust my diet and workout plan, but for different reasons now. It was another change and obstacle I overcame to pursue my healthy lifestyle. It's hard work, but it's always worth it.

I put together a full body workout plan for women who juggle many roles, and yes, obstacles. However, every woman's challenges and obstacles are different, and my plan acknowledges this. I've spent years working out from home and still see the same results as though I were in the gym for hours every morning. With my plan, you can work out from home, save money on gym memberships, and attain visible results. I mean it when I say, "[REDACTED]"