

Transform your Mind, Transform your Body

As a trainer, I see countless success stories-- losing weight, getting off of medications, finishing a big race. But I've also seen my fair share of UNsuccess stories. As a novice trainer those UNsuccesses baffled, confused, and depressed me! Why would one person see such a drastic change in appearance, health, and overall well being while another person made minimal progress? Years of experience, learning from my clients (yes, I learn from them too!), and analysis of common factors from successful clients has led me to this belief, "Transform your Mind, and Your Body will Follow!" Positive in, Positive out. This concept pertains to the emotional attachment clients have to food, to their current self-esteem, to scheduling workouts, and to setting realistic goals. I asked 3 successful clients to share their insight towards what made them a success so that hopefully you can relate to one of their stories and find motivation to begin your SUCCESS journey today!

Patricia Faris—account executive at Amarillo Globe News, age 52

I desired a change because I was unhappy with the way I felt and the way I looked. I wanted to change my body to feel better physically and emotionally and to be healthy so I can enjoy my family, my kids, and my grandkids for a LONG TIME! Natasha Reavis, a friend and co-worker, encouraged me to come to work out with her and Jessica, so I am grateful to Natasha! My motivation to eat clean and exercise is so that I can continue my weight loss journey and to become as physically fit as possible. I've been successful this time around because I'm doing this for ME, and I have a great support team in my family and in Jessica Sutterfield. The accountability of working out with Jessica on a regular basis and knowing that I will be measured (and weighed) on a monthly basis is also great motivation!

My best success tip for fitness and weight loss is to take the journey one day at a time, and once you get started on the journey and start seeing results and feeling better about yourself, it DOES get easier. My favorite exercise is a core exercise called "snow angel"! Yes, it's a tough one, but I feel it working and making me stronger every time I do it! My favorite snacks are pumpkin seeds and fresh raspberries. The hardest change I've made has been to give up sugar and fast food.

YOU CAN DO THIS!! Just give it a try....call Jessica and try the work out with her and just do it! It won't be a perfect journey but it WILL be worth it! I'm 52 and have struggled all my life with my weight but this time, it worked! I'm never going back to the way I was....I'm SO worth this and SO ARE YOU!!!

Chelsea Crooks—Marketing Representative with BritCare, age 30

I wanted a change because I wasn't happy with the way I looked or felt. My motivation to eat clean and exercise came from my sweet baby girl I had April 2012. I want to be a role model for her, have the energy to enjoy her, and be able to keep up with her!

In a world of unsuccessful diets and workout videos, I was successful because I hired someone I trust and like! She has the knowledge and desire to help me achieve my goals. She held me accountable, and was as happy to see my achievements as I was. She listens to what I love & what I hate and plans workouts I actually enjoy and look forward to. In the beginning the hardest part of following through with my change was just making myself actually GO to the

workout. I was tired and stretched thin from work and momma responsibilities, but now the way the workouts make me feel is what keeps me motivated!

The biggest tip I can share is about making good "small" decisions, they add up! Skip the cookies at the office, take the stairs, don't pour all that sugar in your coffee, order food baked instead of fried...all of those little daily choices make a big difference. And I can't emphasize enough, hire a trainer that invests in you as well. Jessica came up with meal plans as well as workouts and I learned so much through that. If you hire a trainer-find a good one, you will be spending time and money with this person and you need to trust them! The investment is beyond worth it. When you may not see changes in your body, the measurements will show you that your work is paying off. It has helped keep me focused and motivated. You only get one body, and there is nothing in life you will ever have more control over than your body.

I like lifting weights, I love riding my bike, but my favorite exercise is chasing around my 2 year-old daughter.

Here's my favorite healthy recipe:

Green Monster Smoothie

*1/4 cup Greek yogurt

*3/4 cup almond or coconut milk

*1-2 cup fresh spinach

*1/2 banana

*2 tbs PB2 (or peanut butter)

*5-6 ice cubes

*stevia to taste

Cathy Hooper--retired, age almost 59!

I desired a health change because I knew if I didn't lose weight that I wouldn't live to see my Grandbabies grow up. I love spending time with my family but it was getting to the point that I couldn't physically do the things I wanted to with them. That motivated me to look to exercise and clean eating. I had the desire to lose weight and was dedicated to eating clean and exercising, but without the help of my trainer and her motivation, I doubt I would have been successful. The hardest change I made was going to the gym. I was never an athlete and starting to exercise with my trainer was the hardest thing to overcome. She has been the best thing for me because she keeps me focused.

My biggest tip for readers is--Don't give up! After you start losing weight and feel better you won't want to stop moving or eating wrong again. It is too hard to lose and too easy to gain. My favorite exercise is walking. I love walking no matter if it's on the treadmill when the weather is bad or outdoors when it is nice outside. If you really are serious about losing weight the best thing you can do for yourself is avoid sugar in your eating habits. You will feel better, and in not much time at all you will start looking better too. The craving of sugar will go away after you stop consuming it.

My favorite health snacks are Kind Bars and Think Thin bars. They are high in protein and little or no sugar.

I hope you picked up on a few common threads between the three stories: Eating clean, being held accountable, and making a change for yourself (or close extension of self i.e. kids, grandkids)! Although I am touched that these ladies credit me in part for their success, truth is....each lady did this THEMSELVES! Yes, I was and still am a part of their journeys, but in the end they made those small decisions each day to skip the

cookies and show up to workouts. They chose to see the future—as a mom or grandmother or vibrant healthy person—and made decisions each day to head in the direction of that future. If you're ready to see a change in your body.... start with your mind!

To your health,
Jessica