

I would like to introduce myself, my name is Chris and I'm a client of Kerin's. I would like to give you a brief history of my story. I am fifty-four years old, married and a mother of two. During the years, my children always took precedence over me as they well should have. During that time, I had gone from being active in sports to swim/soccer taxi driver. Over time my weight slowly increased, and my health issues started to appear. At forty-six, I was rushed to the hospital with symptoms of a stroke. This was life changing for me. I realized that I needed to make me a priority and get my health issues back in check. I started working out with a trainer, I lost some weight and felt good. I started having difficulty losing the remaining weight that I had gained over the years. It was suggested to start protein shakes as meal replacement. I developed syncope and once again this was life changing. I had to put workouts on hold until we could determine the cause, and remedies. Medications were changed several times without favorable results. I became depressed, and my weight again began to increase. I became unemployed and lived in sweats and oversize tee shirts. Next thing I knew, I had gain back everything that I had lost plus some. My health issues started to pile up, I was classified as hypertensive, pre-diabetic, I had high cholesterol, obese, and finally I had developed Glaucoma. In March of 2015, I decided that enough was enough and regardless of the syncope I started working out again, and dieting, using what had worked in the past, yes protein shakes as replacement meals. I found employment the same month. I had to purchase all new clothes because nothing fit, I had ballooned to a size sixteen. For a year, I worked out four days a week strength training for forty-five minutes, and doing cardio for an hour each workout. Only to see relatively no change in my weight. At the end of the year I had only yo-yoed my weigh down fifteen pounds, then see it go back up. I was frustrated, depressed and didn't like what I had become, and was starving myself. I hated me! I had seen my weight go from 136 pounds in thirties to 195 pounds in my fifties.

By chance, my employer offered a lunch seminar for healthy eating, and this is really when My life changed. Kerin was the speaker, and offered a free consultation. My appointment was the day after my nieces wedding, I was hungover, sleep deprived and just wanted to blow the appointment off. A very good thing I didn't. Kerin sat down with me and picked a part everything I did during my workouts and what I was eating or better yet, what I wasn't eating. Everything I was doing was wrong, too much cardio, too little calories. I decided to give her a three-month trial period, to see what she could do (only three months I told myself). I started in April of 2016. She started me off by increasing my caloric intake, which didn't include protein shakes. Gave me a guideline of my daily calories/Macros to strive for, but never telling me I couldn't eat something. She reduced my cardio by half, and customized my workout routine by the vision I had in mind for my body. My time with Kerin had begun, and I weighed my food, and workouts were at times brutal. But, I showed up for myself, and followed her recommendations. I saw the weight coming off, and the inches falling away. In August during my many doctors' appointments the health issues that were so prevalent in the past seemed to have in many cases gone away. I was no longer hypertensive, medication for this eliminated, I was no longer pre-diabetic, have high cholesterol, and had lost twenty-five pounds. My goal weight was very much in sight, and another three-month period with Kerin began. We re-visited my goals, she adjusted my calories/Macros and re-worked my workouts that now were increased to five days a week. Frustration and the slowing of weight lose ensued and I would fall off the wagon, and with Kerin's help, I get right back on and evaluate what had gone wrong, what were the triggers, and how can I eliminate them. It has been a year since my "three-month trial period" with Kerin.

Today, I have taken up journaling (Kerins suggestion a year ago), not just my meals but also, personal goals. I set daily and weekly goals for my professional life, workouts and clean healthy life style. I eat food that I want within reason, and don't feel guilty when I indulge. I have reached what I thought was my "ultimate goal" wedding weight. But like most have re-visited it and decided I have another three another three to five pounds I would like to lose. Will it kill me if I don't, no. With Kerin's help, at times nurturing, at times constructive criticism, I have come to Love Me, All of me. People ask how my "diet is going" and I now tell them I'm not on a diet. I'm living a clean healthy lifestyle, that includes working out, and eating healthy. It has been a year since that by chance life changing meeting occurred. I owe Kerin many thanks for all that she has done, not only by reducing my waist size, but also making me a stronger woman mentally. Will I always have relapses, fall off the wagon, yes. I am human. The key is to recognize, reconnect and re-establish your goals. This is what Kerin has taught me over the past year.

Thank you Kerin and Haute Fitness for helping me redefine who and what I am, and helping me Love Me!

With gratitude, Chris Muhlhahn