

# Success Stories

## Kristie Cranford



*"At the end of my pregnancy, my waist was 62"... it is now 26". How's that for a number swap?"*

## After

Weight: 122 lbs.

Body Fat Percentage: 18%

Waist: A Loose Size 2

Time Elapsed: 8 Months

### BEFORE

Weight: 200+ lbs.

Size: XXX-L

At risk for many health issues

### Kristie's Story:

It is hard to believe that just one year ago Kristie weighed almost 200lbs. She didn't gain the weight because she refused to exercise or because she had finally found her soul mate and got comfortable. It didn't even take relocating to our big-buffet capital, to expand this southern gal to almost twice her size.



Kristie gained the weight from pregnancy. For eight of her nine months she avoided cameras and mirrors because she no longer recognized the person she had become. As an athlete, it was the mental and physical fatigue of wanting to move but being unable – doctor's orders – that weakened her spirit the most.

I got to know Kristie when her son was four months old. She had already lost 40 pounds and came to me with a clear vision of what she wanted for her life NOW. Kristie's workout makeover meant writing everything down. We would exchange information and updates twice a week. For cardio, she was tasked to move as often as she could and got creative: she did laps up and down her stairs, jumping jacks during TV commercials, and even filled her baby nap time with stretching in between. I was never given the excuse that she couldn't get to the gym.

"No Complaints" is how Kristie beat cancer ten years ago and then came back, ten years later, to weighing less than her driver's license! Agreeably, for Kristie happiness can be found in the pursuit of your jeans...especially when they're a comfortable size 2.

Trainer, Fatima Valeras

