

Checking in for my first Entry as Project Lisa!!

It has been 2 weeks since I first started as Project Lisa and I am absolutely loving it, I can't thank Becky enough for giving me this opportunity, I think the belief she has in me really gave me the boot up the backside I needed :)!

I had my first appointment with Lifestar Nutrition at the start of the challenge, and at the moment we are trying to find out if gluten is a reason for my tummy troubles, so my meal plan for the month is to have a high gluten diet, followed by a blood test - I can't say I'm enjoying the meal plan, every morning I have 2 pieces of wholemeal toast or weetbix and all I want is a smoothie! It will be worth it though to not feel so sluggish and tired, nauseous and indigestion-ey all the time - so I'll happily stick it out! !

I'm finding that I am actually sticking to good food, I think I have maybe slipped up a couple times over the last couple weeks, but I always get straight back on track. I am also becoming more organised with my food, which I think is a big reason I am able to stick to it! You know the saying - 'failing to plan is planning to fail' - well I ain't going to fail this! My hubby Ron has also joined me on this challenge and wow how much easier is it when we are both on the same page! There is hardly any junk in the house, we eat the same meals, and we encourage each other and keep each other going!!

At the moment my exercise consists of at least 3 classes, 1 PT and 1 jog/walk with the hubby, this week I am trying to add more in, I really find myself wanting to push myself more and more! I went to my first weight class last night - I've always been a bit intimidated by the weights classes - they look so intense, I'm so glad I went though - I think it's now my second favourite class to boxing! I'm actually really enjoying exercising at the moment as well, I never thought I would honestly say that - but it's true! I look forward to my classes instead of fearing them - I wake up in the morning and smile when I feel that muscle soreness setting in - don't get me wrong I moan and groan when I'm doing everyday things that hurt it, like sitting on the loo after doing 300 squats, but secretly I'm like 'yesss - job well done'!

I had a goal setting session with Becky last week, I have some really clear goals now and how to work towards them! My two major goals are 1) get into healthy BMI which is 72kg's and 2) jog 5 km's. I have also set myself mini goals as well, like fitting into a lorna jane workout top I bought and a new one, I want to do a chin up by the end of the challenge! I never knew how much having clear goals could help - whenever I feel like I might falter, I picture my end goals and how amazing it's going to feel to get that!! !

The support from all the guys doing the challenge is incredible - I will be slowing down on a jog and someone will start to jog beside me and encourage me to go faster, or in boxing my hits will get weaker and someone will tell me I can do better - and I can - and I do! I feel like I have all these people behind me - cheering me on telling me I can do this!!

I know it's not always going to be smooth sailing, but I really feel for the first time in a long time - I got this!!