

My name is Lisa Gurd and I am overweight - there I said it! ! !

I didn't realise how overweight I was until I saw a recent before and after photo of myself from a challenge I had just completed through Carpe Diem PT. I'm still trying to figure out how I did not know just how overweight I had let myself become and wow what an eye opener to see those pictures!!

Its hard to pin point the reason why I gained weight, I suppose its a mixture of things, the main one being that I have suffered from depression most of my adult life as well as being an emotional eater these two things are a major contributor but also all through my teen years I was quite slim but also fairly active, when I finished high school and started full time work which involved sitting on my backside most of the day, and driving to and from work - this didn't help!! !

One of my biggest regrets is that I have allowed myself to spend my 20's being unhealthy and overweight - and it really does creep up on you! I think I have tried every diet under the sun and my lack of commitment to any of them started my long and miserable path of yoyo dieting. I wish I could go back in time and give my self a good slap across the face, but unfortunately thats not possible - what is possible is to focus on the here and now and what I can do to change the path I am continuing on. And this is exactly what I am planning on doing!! !

With the support of the team at Carpe Diem PT, my husband and my 2 beautiful boys I am going to take this all the way, I am finally going to reach my goals and enjoy a healthy and happier lifestyle!

I'm not expecting it to be easy, but most things worth fighting for are never easy!!