

#### 4. ENERGY

I used to take the kids to the park and sit on the bench. I'd sit there for 15 minutes and call them in to go home because I was bored and wanted to go back home to laying on the couch. I now walk to the park with them and play on all the equipment! These days I'm hanging round on monkey bars and going down slides without my big butt getting stuck. I'm even enjoying the odd princess in the castle game with my daughter. I'm jumping on the trampoline and even attempting flips and other scary things.

My first Monday night boot camp I couldn't even jog quarter of the oval or even keep up a power walk for one lap. Now I'm running a whole lap at a good pace and recovering quickly. I'm actually enjoying running and am going to start hitting the pavement for afternoon runs on non boot camp days. I no longer drive to the shop cause it seems ridiculous when i can walk there in 10 minutes or run there in 5. I couldn't quit the exercise. It's become part of my life and I would go mad if I couldn't get out there and work up a sweat and get grass all over me. I'm not laying in bed pressing the snooze button 10 times in the morning cause i want to sleep my life away and do nothing. I'm jumping up before my alarm and looking forward to living. I feel like I have this big secret and I want to share it with everyone but I'm learning that this is a secret that is no good to anyone untill they are ready for it. The support is amazing! It pushes me that bit harder and I am becoming a much more positive person.

I hit my first weight loss goal last week and now weigh under 90kgs. I am walking into shops that I haven't bothered stepping foot in for years and trying on clothes. I do a secret little happy dance in the change room when ever something fits. I don't buy anything though because I intend to lose a load more weight yet. I still have a little over 20kg to go but it's never seemed more reachable!

Old parts of me and my personality that were long forgotten are returning. I remember I used to annoy people cause I couldn't stand still and now I find myself with ants in the pants again. (that's gotta be burning extra calories) I'm always jumping around and annoying my husband cause I'm trying to wrestle or trying to get him for the hundredth time to feel my muscles and look at my butt. I stand in the mirror with my shirt pulled up looking at the way my stomach is pulling in and my shrinking waistline and I daydream and try to imagine how it's going to look after another 10kg and even another 20. I feel good right now. better than I have for along time. I already had two kids a husband good friends and family. now I can finally start to enjoy it all and truly appreciate it. I finally feel like an active part of my family and not someone watching from the sidelines.

All i need now is the winning lotto ticket and everything will be perfect. "Not being afraid doesn't make you brave. Being afraid and doing it anyway does"