

ABOUT ASH

Hi to everyone who is following my journey on the Carpe Diem website so far I'm nearly two weeks into my journey with Carpe Diem fitness group .in my nearly two weeks I have gone from a person who has had no motivation to get fit to a person who wants to get healthy and fit I'm adjusting to the food plan that Brad gave me and I have to say I do struggle to find new ways to make my meat and vegetables look interesting but I have managed to do this and it's not too bad at all.

My exercise regime is going to the gym everyday after work which is great as I do afternoon shift and my gym is open 24hours and nobody is hardly there after 11pm which is great gym to myself. my sessions at the gym are a 30min weight session consisting of the exercises Brad has given me and after these sessions at the gym I'm pretty buggered which is a good thing The classes I'm doing are the boxing and boot camp on the weekends and so far have been high energy and very useful in my progress so I will continue these classes as long as it takes for me to get to the result I want.

So just to finish off the other day I was having a flat day and thought why am I doing this ,why am I torturing myself , why can't I have what I want then I went and did a PT session with Brad and felt better in myself and all those thoughts were put aside then Wednesday boot camp with Kellie really buried those thoughts I had for now as I had a smashed out session and felt great after it buggered but great .

So to my followers that's pretty much my nearly two weeks off the Ash project I will update you guys soon and for first time readers or visitors to the Carpe Diem website if your thinking off getting healthy or fit go to these guys there amazing and will help you every bit off the way.

Bye For Now

Ash