

2. CLASSES AND NUTRITION

Well, what a couple of weeks it's been! Boot camps, Personal training, and healthy eating. The exercise is always hard. Sometimes its fun, sometimes its torture but it's always hard. I have days where it's been a hard day at work and I don't want to go and I sit and think what excuse I can make up to not go. Then I have days where I can't wait. At the moment, I go to Monday and Wednesday night boot camps, Sunday morning boot camp and Personal training on Fridays. I have a gym membership that is costing me money every week so I try to do a class there every other day. The Monday boot camp is run by Brad and the Wednesday one is run by Kellie, this ensures variety and different approaches and the Sunday boot camp is done on the beach so it's different again, and there is never any telling what they will have prepared. All I know is that I work so much harder and they push me further than my mind would ever have me believe I'm capable of.

Brad has contacted Peta Hood from LifeStar Nutrition and she had generously offered to meet with me and help me with the food side of things but up to now I've been trying to keep it simple with lots of fresh healthy foods and smaller portions. It's getting boring fast and I can't wait for some fresh ideas. I haven't slipped up with my eating so far but it's been far from easy. I have good days where I don't even think about food then I have bad days where not being able to just shove something disgustingly bad for me in my mouth near brings me to tears and gets my anxiety levels through the roof. It's the same feeling I had when I quit smoking. Anytime something bad happens at home or at work I just want to turn to food and I think that cycle is going to be a hard one to break and I imagine there will be times it gets the best of me.

Physically I can't stop touching myself! I am constantly poking and prodding places that feel cement hard that just 2 weeks ago were soft and squishy and I keep looking in the mirror and noticing things looking tighter and that feels great! I have kept off the scales which has been difficult but I'm excited to see what they say when I do stand on them. My fitness and strength is increasing every day and there are more and more firsts. Like the first handstand and the first time I've run a whole lap around the footy oval without stopping. Little accomplishments that make all the hard work worth it.

Support has been amazing. Family, friends and complete strangers! My fellow boot campers are awesome and I hope they know how amazing the yells of encouragement really are and I am finding inspiration galore at these sessions. It feels good and it feels good to then yell encouragement to someone else. My best friend is working her butt off and is a great help for a gym and lunch buddy and my mum is always proud of me so she is particularly ecstatic. Brad and Kellie's pushing and support are the key to my success right now and It's the best feeling in the world to have people tell you they are proud of you and are in your corner barracking for you not letting them down is a pretty good kick up the bum too.