



Before - October 2008



After – May 2011 - Age 40

I was the opposite of most growing up. I was the skinny girl who never put on weight. I weighed 107 pounds when I graduated high school. I didn't go straight to college, but worked full time at a fast food restaurant. When I was 19 I married my first husband and was probably around 130 pounds. July 12, 1993 I gave birth to my son, Drake, and weighed probably 170 pounds. On October 25, 1996 I gave birth to my daughter, Jessica, and weighed 208 pounds. I had a job interview not too long after I had Jessica and I went to the consignment shop to buy a skirt to wear. I bought a size 22! My weight fluctuated from 1996 to 2000. In 2000, after having gone through a divorce, I wanted to get into better shape. I worked out and ate really well and got down to 130 pounds. I felt great!

In 2001, I met and married my current husband, Russ. My weight didn't start to get back up until after Hurricane Katrina. I let myself go again and didn't realize it too much until I stepped on the scale and it was 190 pounds. In October of 2008 I had shoulder surgery and carpal tunnel surgery. I decided after the surgery that I needed to get back into shape since I weighed more than my husband. I started slowly lifting water bottles and worked my way up from there. I found Cathe Freidrich on FitTV and loved her enthusiasm and workouts. I began to slowly do them because they were hard for me to do. I eventually took the plunge and ordered [STS](#) (Shock Training System) from Cathe in November 2008.

After losing 30 pounds, I decided to hire a personal trainer in September 2010. I decided if I really wanted to make some changes and compete, I would have to get a trainer. I asked around and was referred to No Holds Barred in Hattiesburg, MS. I talked with Angela Rayburn and hired her as my trainer. Even though the gym was almost an hour from my house, I made the commitment to go there 2-3 times per week to train. When I started with Angela I was 148 pounds and 21% body fat. I decided to compete in May 2011 because it was our gyms first competition. I went on stage at 113 pounds and 12% body fat. What an awesome feeling to be able to walk on stage!!! My goal is to help others who are struggling with their weight and help them have the body they have always dreamed of having but didn't think they could.