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What a Change from a Year Ago

April 2009 I decided I needed to lose weight but just didn't know how. I had tried every diet out there but I always seemed to give up after about two months. I'm a wife, a mom to an active three year old and a full time employee. I didn't think I could join a gym, have an added monthly bill and fit in the time to exercise. Then a co-worker told me about the trainers offered through the County Human Resources' Fitness and Wellness Division. So I e-mailed and set up an appointment. I must have thought about cancelling it a million times. I felt like I had totally given up on myself. I walked in and thought to myself how embarrassing it's going to be when the Trainer found out how out of shape I was. I was so nervous but the Trainer was calming and kind, well until I was asked how much I weighed.



To supplement my personal training days I started taking the group fitness classes at the Training Center. I found that having others around me doing the same thing made me push myself harder than I thought was possible. Then the Fitness and Wellness Certification Pilot Program started. I roped five others in my office to participate and we all completed Level Three.

Now everyone that wants to get healthy knows you have to eat well and workout. But there are so many other aspects of a healthy life style that I didn't know. I learned so much about cholesterol, fiber, complexity of meals, calories in and calories out and the best workouts. I even learned how to cook healthier meals, found lots of recipes and how to get my child to eat protein, veggies and fruit.

It's now April 2010 and I feel great! I have lost 65 pounds and have toned up. I have a ton of energy and am able to keep up with my three year old. I cook healthier so it has improved the quality of life for everyone in my house. I'm actually excited to do all the fun summer stuff with my son and not worried about being hot and weighted down. I walk with more confidence, I am happier and a much better wife, mom and employee. I have hit a plateau but know that pushing through it with the help of the County's Fitness Trainers I will reach my goal. I'm never bored and you will always find me in Step Class! I still have a long way to go to hit my goal but feel I can see the light at the end of the tunnel!