

My Story by Becca Schaffer



A few years ago I was in one of my best friend's wedding ... I had just moved back to California and left a job where I was on the culinary team doing tastings after tastings of delicious fattening foods and left a relationship that was less than positive. My sister took this picture to the left here of me standing on the train tracks looking like the locomotive I was holding onto. I was at my heaviest ever 185 lbs. I looked at this picture in that bright yellow dress and I saw an uncomfortable, unhealthy and let's face it fat ME. The girl looking back at me was not the vivacious, outgoing, sexy girl from my 20's that I loved to be around. At some point I must have stopped caring and rather than being the outgoing fun girl to be around, I had become a wallflower.

I always would blame being overweight on genetics because most of my family have been overweight all my life. Some would yo-yo diet or diet to the extreme just for a quick fix. I had to come to the realization that it wasn't my genetics, but the bad choices I was making. If you stop through the fast food establishments and drink soda every day and not exercise changes are you're not going to like what you see in the mirror. So in 2011 I made the decision to cutout eating at fast food places, limit my soda intake, drink more water and start riding horses again.

By 2012, I felt the path I was on was a good one. I had lost 5 lbs and was making better choices when it came to my foods and adopted two race horses from the track... here is the problem with being an equestrian, if you are out of shape and have no core balance, you can't breathe when riding. You lose your stamina and what is supposed to be enjoyable becomes hard and laboring. Plus race horses are stronger and more powerful. I knew I had to do something!!!

January 31, 2013, rolled around and I made the New Year's Resolution to lose 30 lbs in 365 days.. I bought a membership at Gold's Gym and finally decided I was WORTH it and invested in a Personal Trainer for 6 months My starting weight was **180lbs and I checked in at 33% body fat**. Within 5 months I went through 5 personal trainers ... (One could never remember my name, another would schedule people over me or forget I had training all together, then there was the guy who wanted me to train like Mr. Olympia) and by the time I thought I found a good fit I realized I was still 179 lbs. no body fat lost or lean muscle gained and still not liking the girl in the mirror. My stamina was still low and IT JUST WASN'T WORKING... and I had just wasted a TON of \$\$\$.

I must admit, I am lucky to have friends in my life that cared enough to say "Enough is enough, get your butt down here!". They took me under their wing and brought me into their Fit Images Family and it has made all the difference in my life. Bill Dean and Brian & Brittany Gaylord were instrumental in helping me reach my 365 day goal. I started on the Fit Images Lifestyle Management Program in **August 2013. I weighed in at 179 lbs, and 32.14% body fat and was in a size 14.**

Learning that eating was 75% of process was hard for me because I am not a big eater and something that Gold's Gym did not teach me. Brittany developed a customized meal plan for me, Brian started me on all my supplements and Bill and I strength trained 2 days a week and I tried to get 5 days of cardio in consistently. This was a Great team that assembled to Jumpstart my transformation. I was slow to see the results, my stamina was low and the workouts were hard in the beginning. Everyone else started seeing my results WAY before I did. I think we have this image of ourselves when we look in the mirror and sometimes still see the flaws instead of the changes. The pounds were coming off, the body fat was dropping and I was actually building lean muscle but I for some reason it wasn't registering. That is until Brittany took update photos ... I guess the images don't lie.



My GOAL date had arrived, it was now **January 31, 2014**, I stepped on the scale and I was **150.1 lbs and 23.56% body fat**, I had muscle definition that I never had before and I was shopping for size 10's. In celebration of reaching my goal, with the support of Brittany, I did a photo shoot to show that hard work and dedication paid off for me. That all the money, sweat & challenges I had along this journey were worth it. I still wasn't where I wanted to be physically but I reached the goal I set for myself.

It's my Birthday Month, I turn **38 years old** and I am now shopping for Size 6's, feeling sexy again and able to ride my horse with a smile on my face. I continue to follow a customized meal plan and train with Bill and Brittany to maintain my Lifestyle Transformation and maybe just maybe compete in my first bikini competition. It has been a long time since I saw that girl that was standing on the train tracks. I still feel I have more to transform, more definition to gain but I am Happy with who I see in the mirror now and who is looking back at me in photos.

We all have challenges in life and don't find the time to put ourselves first ... I had to make the choice that I WAS WORTH IT! THAT IT WAS TIME TO INVEST IN MYSELF FOR ONCE... Whether I inspire you or not, hopefully you are ready to one day soon decide YOU ARE WORTH IT TOO ...



*Bill Dean, Brian and Brittany Gaylord ... Thank You from the bottom of my heart !!
Without you all, I wouldn't be who I am today...*