

A letter of gratitude to Brittany..



My journey started in 2009 when I lost my dad to lung cancer.. My family and I were at a huge loss. We knew he was sick with copd lung disease but was not aware of his cancer.

We were told on a Tuesday, he died in my arms on that Friday in the Hospital. In 2010 I met Traci who is my BFF. She talked me into doing a full marathon with team in training in my dad's honor. I agreed but along throughout my practices I had difficulty breathing... I thought I was a somewhat a conditioned athlete because I used to be a figure competitor. Which Brittany used to train me for back in 2003. I went to a lung specialist and I was diagnosed with copd lung disease and heavy asthma. In shock because I never smoked! So they

gave me a couple of different medications. Feeling sorry for myself, depressed I started gaining weight and was miserable for a few years. Well I got in touch with Brittany whom I haven't seen in years. Nervous to see her because I was so heavy, so insecure and hated myself! Not a happy person. Marriage not the best had some rough patches and huge losses of family members along the way. I started out slow with Brittany. Working out with her, she gave me all the tools and support a trainer can give with always a smile on her face and a hug to give. Never once judged me... Brittany came back into my life for a reason. I had the light bulb go off in January of this year. I would see all the beautiful girls come in that would train with Brittany thinking to myself why not me, I used to be like that. A couple of months went by.. then BANG!!! It came to me after a long talk with Brittany. I let every negative thing that ever had happened to me go!! I said screw this! I am worth more than what I am seeing.

I started my journey to truly be fit in March. With Brittany's training, nutrition, friendship, being my mentor and coaching me, I am a heck of a lot different today. No words can be enough to thank Brittany for what she has done for me. The only way to thank her is to show her. Give it my all.

I'm happy, positive and a healthy minded person today. I'm ever so grateful for Brittany she helped save my life. I love you Brittany. I will always appreciate you more than you ever know! January 2014 I weighed 160lbs and I am 5ft tall. Today I am 114lbs! In July I competed in my first Masters Bikini Contest. What an exciting time. Brittany made me look beautiful. I'm ready for more! Thank you Brittany for helping me take back my life..

Love you, Trina

