

FEBRUARY CHALLENGE 2020

** COVID **



This challenge may be over, but my journey certainly isn't. Joining the challenge has kick started me in the right direction and has given me the skills and knowledge to carry on and continue to live a happier healthier lifestyle. I have also gained a new me & a whole new wardrobe full of clothes that fit me again! 😊



Persistence is key and even if I'm not able to work out as much as I would like as long as I was mindful of what I put into my body transformation was still possible.



This challenge has not only helped me take further steps for my health but also in one of the hardest times I have experienced given me an outlet to help myself mentally. At a time when the gyms closed, the world has shut down and for the first time in my adult life I have found myself out of employment I still had control over one aspect of my life and that was the challenge. It really helped me knowing I still had full control over what I was putting in and what I was getting out of it. I have started looking at food as fuel and not as comfort, rewards or a thing to fill boredom. I now exercise because I want to and how it makes me feel, not because I feel like I "have to". I am feeling like I have more energy, I am sleeping better and I am able to do more active things with my family.





TOP FIVE