

# Motivational Tip 7

## *The Dreaded Weighted Vest*

For this week's motivation, I want to share a success story that we had this week here at F3///FitFlexFly. The client has asked me not to use her name, but is "ok" with me sharing her story. We will call her "Kelly" for the sake of the story. 8 weeks ago, "Kelly" entered F3 for the first time. She was anxious, she was scared, and she weighed 309.8lbs. What is interesting about Kelly is that she doesn't live here in Indianapolis. She travels more than 80 miles each Friday to workout with me and to help her tweak her program. Kelly had heard about us via Instagram, and was tired of being the person she saw in the mirror each day. She wanted to get serious about her health, and understood the importance of finding some place that could really help her.

I love working with each and every one of my clients, but as a fitness professional I really enjoy training someone who is wanting to make a big change in their life. In the first 10 minutes of her initial assessment, tears were flowing as she shared her story with me. She mentioned that her "mobility was limited", "her joints hurt", and she was "tired of people staring and judging her." It was time to change!!

The program started out with simply getting her to move, and she adopted the same F3///OntheFly nutrition plan.

I won't bore you with the details of every workout or every visit, but Kelly has not wavered from the program over the last eight weeks. This Friday, marked her eighth visit with me. We start every session with her stepping on the InBody 570. As I looked down at the number on the scale and after doing some quick math, I knew exactly how this workout was going to begin.

I always say there is one thing that I wish I could do as a trainer for my clients. I wish I could "bottle up" how a person feels on the first day, and keep revisiting that feeling as we progress through their fitness journey. Kind of a "remember when" moment. I didn't have a bottle to open for Kelly, but I did have a 25 pound weighted vest!! I pulled it out, put it on her, and we went for a walk around the building where F3 is a tenant. About half way around, she said, "Holy shit, what's up with this dreaded vest?" Her breathing had increase, her heart rate had increased, and needless to say, she didn't feel so well. As we approached the front door of F3, I told her to take it off.

As she took it off, she realized what I had just done. I took her back to the first day she stepped on the InBody. Her weight is now down to 284.3lbs. 25 pounds less, eight weeks later, and a different type of tear trickled down her cheeks on this visit. After she collected herself, she gave me a hug and voiced a sincere "THANK YOU!" I told her that she needed to THANK herself. I always say that a personal trainer shouldn't boast that they change lives. We help facilitate the change that a person chooses to make. Kelly decided it was time to change. She has followed a modified version of what we offer you guys. She has changed and can't wait for her future Friday F3 visits.