

"Fit in the City came at the perfect time for me. I just bought a journal to begin tracking and planning my meals and I was at a point where doing something to improve my health was going to happen no matter what. I was already going to the gym regularly but I knew I needed help putting all of the pieces together. My nutrition was the piece of the puzzle I struggled with the most so I knew I needed help getting it on track. Whatever program I joined had to incorporate it. I checked out other programs but they didn't provide what I needed. Then, Fit in the City came along. I needed a program that would keep me motivated and accountable but was flexible at the same time. I needed a realistic program I could follow for the rest of my life. I needed to be guided by someone that I trusted and respected. When I read the description of the program I knew it was for me. I knew Lin from boot camp so I already trusted her with my physical health. Trusting her to guide me through the entire process was easy, I knew that she could help me meet my goals.

I needed the advice and support of Lin and the ladies involved. In the past, keeping motivated and accountable was always difficult and sporadic. Lin provided the accountability and knowledge I needed to move forward. She knew it wasn't easy and provided the support and guidance needed along the way. She let me know that my struggles were normal and I never felt that my questions were in any way unappreciated or stupid.

The ladies in the program also provided that same support. To be surrounded by women that have the same struggles and goals was welcoming and heart-warming. There was always someone around to provide advice on how they dealt with a particular issue and you knew you weren't alone.

The gathering of the ladies each week for a group event made exercising fun and enjoyable. I've tried a lot of different exercises but there are some that you want to try with others and this was the perfect environment for that. Everyone shared an enthusiasm for the event and wanted to go on the journey together. With the Ladies of Fit in the City you knew that trying something new was always going to be greeted with a sense of anticipation that made you want to try it.

At the end of it all, Fit in the City helped me start my health and fitness journey. I lost pounds, inches, and body fat. I broke some bad habits, created good habits, and started a healthy routine. I learned that I have to plan ahead to be successful and that's perhaps the biggest part of the battle for me. I also made some great friends and learned that I can live a healthy lifestyle."

**-Cheryl Bottoms**