

THE SPOT LIGHT IS BACK AND IT'S THE LOVELY SUZIE!

Suzie is a shining example of how you can change your life if you are willing to put in the effort and get the job done.

We first met Suzie on 1st February 2010 when she attended her first [circuit class](#) with VIBES. Bringing a touch of glamour to VIBES fitness classes - at the very least Suzie always has a matching water bottle and towel.

Over the years Suzie admits she has been a victim of yo-yo dieting, following fad diets only to find, as so many do, when she stopped the diet the weight crept back on. Adding evidence to the fact that fad diets do not work in the long-term, forget them!



At the beginning of 2010 Suzie weighed 16st 8lb and had finally reached the point where she knew, for her own health, she needed to make some changes. This time Suzie has gone about reaching her goals the right way.

With a minimum of 3 intense weekly workouts added to her routine Suzie also focused on changing her eating habits for the better. Keeping a weekly food diary has helped keep Suzie on the straight and narrow with her calorie intake.

We are almost at the end of 2010 and Suzie's determination has paid off. Since April - the first time we actually measured Suzie - she has lost shed 4 inches off her hips and 7 inches off her waist and her total weight loss to date is 2st 11lbs

We have seen Suzie's fitness levels improve so much and her confidence is fantastic. Suzie always pushes herself to her maximum effort and her competitive edge keeps her motivation levels high.

With her new improved fitness levels Suzie had the confidence to take part in the Sea Palling Reef Swim earlier this year and she has already joined the VIBES team for the Norwich 100 Cycle in June 2011.

Having asked Suzie to check over the article before making it public Suzie wanted to add her own comments as follows; *"I would like to add that the VIBES classes have been hugely inspirational and motivating experience for me. The quality of the classes is second to none and my fellow Vibers and Vibettes are always brilliantly encouraging. Jane and Sean have helped me to find my self belief – and I cannot tell you how much that means to me."* Suzie also included a weekly personal training session with Sean in her fitness regime and she went on to say; *"If anyone is looking for a Personal Trainer that kicks their ass in the nicest possible way – look no further Sean's your man. Sean has been truly remarkable in enabling me to improve my fitness and self esteem beyond all my own expectations whilst making it a thoroughly enjoyable experience".*



Suzie your enthusiasm is fantastic and the energy you have put in to achieve your goals is brilliant – well done and 2011 here we come!