

Success Story #1

In 2008 Flex World Fitness opened up its doors in Georgetown, Delaware and since then saw a tremendous rejuvenation in this beautiful community. So many inspiring and motivational stories of members who wanted a positive change in their life. Some didn't have the enough support or the knowledge on how to make the healthy choice to eat or exercise, FWF was there for them. We have a lot of good stories that we are proud of, it is not only about dropping the weight and looking sexy but it is about you how YOU feel every second of your life knowing that you are capable of being the person you want to be in your dream body. Here are some of these amazing people:

April 2015

Name: Kimberly Yoder

Age: 27

Height: 5' 4"

Occupation: Early Childhood Teacher at Deltech Child Development Center

Location: Houston, Delaware



Before

203 pounds



After

120 pounds

When did you become unhappy with your weight?

I had always known that I was overweight and was unhappy about how I looked and felt. I tried different diets and eating changes through my high school years but never had the determination to lose weight which was a big key in my weight loss. I was at my heaviest at 203 pounds and I know I had to do something to feel better about myself and feel healthy.

What made you decide to lose weight?

My sister convinced me to join a gym in Searford (where I was living at the time) and we went faithfully but I never pushed myself at the gym and continued to eat whatever I wanted. About 10 months after joining the gym my sister suggested we do "The 17 day Diet." which is a diet developed by a doctor. We bought the book and did the first round of 17 days. We stuck to the diet and the eating plan for the 17 days and I lost 12 pounds. We took a short break over the holidays and then did the second "round" of 17 days and again I lost weight. It seemed to jump start my weight loss and taught me how to eat in order to lost the weight I wanted/needed to lose. I was finally able to see that I could lose weight if I tried and was determined to do so. It made me hopeful and excited to be able to see change and to know that this is something I could change in my life

What were the most important changes you made to your lifestyle to lose weight?

I started to eat healthy and tried new and healthy foods. I limited my portions and ate much smaller at meal times with healthy fruit or vegetable snacks in between. I started working out hard at the gym each time I would go and determined in my heath that when I was at the gym, I would give it my all. I began to tone and see a big difference in my

endurance and strength and it was so great to see the improvement as I worked out. I also became more active throughout my day to day living and looked for ways to be active at my job and at home.

What challenges did you face?

After doing the first round of the "17 Day Diet" we took a break over the holidays and with all the extra parties and food around that time of the year, I gained some of the weight back. It made me realize that if I was serious about losing weight, it had to be complete lifestyle change and not just a quick fix diet and then go back to doing what I wanted.

How long did it take you to start to see results?

After the first round of the "17 Day Diet", I was able to see results which was what I needed to continue on my weight loss journey. After the second round, I started to eat healthy on my own and developed my own eating habits that would help me to continue losing weight without being restricted to certain diet. I learned how to eat healthy and made it my lifestyle and after 5 months I had lost over 30 pounds and it was then that I really started to see a big difference and feel so much better.

How long did it take for you to reach your current weight?

I lost the majority of the weight in about 1.5 years. I lost few more pounds the following year as well. Overall, about 2 years.

How long have you maintained your weight loss and how do you do it?

I have been maintaining for about 1.5 years. I continue to eat healthy and limit my portions. I exercise at the gym or running/biking outside at least 3 – 4 times a week. My job, taking care of 1-2 year olds, keeps me constantly moving as well. I always have the mindset of healthy living by being active and eating better.

How do you stay motivated?

I can't even begin to explain how much better I feel now that I eat healthier and stay active. Whenever I am tempted to slack off at the gym or give up on eating healthier options, I remind myself how much better I will feel if I stick with what I am doing.

How has your life changed now after going through all this?

I was always a somewhat shy, self-conscious person. Since losing weight, I am much more confident and happy with my body and how I feel. I am so much more active and energetic and even more adventurous because I have the energy to accomplish so much more than I every thought I could.

How did FWF help you achieve the weight loss goals?

When I moved from Seaford, I needed a gym that was closer and one that I felt at home at. I joined FWF in 2014 and immediately felt comfortable working out there. The staff have always been so encouraging and helpful and really pushed me to work harder. Since the new facilities opened, I have LOVED the new machines and new options available. When I go to the gym, I do quite a bit of cardio and all the new cardio equipment has been so great for variety. The staff is so accommodating and friendly and I really do feel at home at FWF.

What advice can you share with other trying to lose weight?

You CAN do it! I tell everyone, if i can do it, anyone can! Before losing weight, I was not an active person at all and I loved to eat. If you set your mind to doing something anything is possible! What works for one person, doesn't always work for everyone. I found that in my journey, I couldn't just cut out one thing and say, "I am not gonna eat sweets again." It wouldn't have worked for me. Rather, I just eat a much smaller portion and am perfectly content with that. Portion control is huge and just making a whole life style change. The way I feel now is totally worth it!

What are your top 3 rules to achieve your fitness goal?

- Portion Control (can't say that enough! :)) Eat a little bit at each meal and if you still feel hungry, drink some water and wait 10 mins or so. I am still hungry then I will eat more, but normally I realize I am full, it just takes a little more time to register.
- Work out hard every time! Going to the gym is only a small portion of the day, and I figure, I am gonna kill it each time I go to the gym or exercise outside.
- Drink lots of water and have a mindset of being active throughout the day.