

How I got my body back!



After 10 years, I'm finally confident enough to wear a bikini!

Last year October, I started an exercise regime for the first time in my life – hard to believe, given that I'm 41 years old.

Because I'm tall, I always got away with eating what I liked, and never had to worry about gaining weight. Exercising? You gotta be kidding! I was one of the lucky few who could scoff two toasted cheese sandwiches (on white bread), wash it down with a Coke, not exercise, and never gain weight.

That all changed when I had my daughter 12 years ago. I noticed that while I lost my pregnancy weight relatively easily, I just couldn't get back to my regular size 32. A few months passed, and I slowly I began to make peace with my new, healthy size 34 body – also, for the first time in my life I had boobs! Even though I'd gone up a dress size, the thought of exercising and going on diet didn't enter my mind. And so, I continued to eat toasted cheese sarmies...

What started bothering me most about my weight gain was the health implications. Never for a minute did I think I looked fat (I didn't) I was (and still am) curvy. But, most of my weight gain was around my tummy, and I know that carrying excess weight in this area predisposes one to heart disease. That, added to the fact that my mom died of breast cancer, (and I've read enough about cancer to know that a sedentary lifestyle can increase your risk) – made me take action.

I did a post last year on my exercise regime with Somersault Studios (you can read it here) and I'm pleased to report that I'm still hitting those HIIT (High Intensity Interval training) and Pilates classes.

Last year November, I decided to try some body treatments with skinrenewal.co.za that work to reduce and eliminate fat, while contouring the body.

Read full article here: <http://www.inmybag.co.za/2016/03/04/how-i-got-my-body-back/#.Vt1hfm9unIU>