

Jen and Jason Lockridge

We started our weight loss journey on 11/11/14 with the Biggest Loser contest because we were ready. We were done being over weight, not feeling good in our clothes, not feeling strong & confident, not being healthy. My husband's brother had a stroke in September at the age of 46, and I was done being overweight from having our 3 kids. We needed to make a change for us and for our family. We have 3 kids aged 5, 2, and almost 1. Our commitment is there for a lifelong change for us and our family!

We started with the BL Classes and we immediately signed up for training two nights per week with Matt Nelson. Training with Matt has been awesome! It was amazing how out of shape we really were and we figured that out really quickly! Matt has tailored our workouts to our current fitness level while still pushing us every session to do a little more and get a little stronger. He's supported, encouraged, and literally helped us sculpt our bodies into a shape we didn't even know was possible! We are committed to the change and he is just as committed to making it happen! We would highly recommend him to anyone!

The weight started coming off and the muscle and strength started to build. Each time we exercised we felt stronger and stronger. We could move more and do more. In addition to our classes and training with Matt, we started running. We did our first 5k on Thanksgiving, followed by another in December. Then, in January we did our first 10k and are now training for a Half Marathon we plan to complete in May /June. It feels absolutely amazing what our bodies are capable of when we eat healthy and exercise. We are only a little over 3 months in and its astonishing how we've already changed and how amazing we feel!

We went from not working out, to being in the gym at least 5 days per week, most weeks 6. The most amazing part of this is that we have been able to do this together. Relying on each other to push through the plateaus, soreness, and exhaustion. We've celebrated each success together along our way and will continue to do so moving forward. We are on a lifelong journey to health and wellness and are so excited by how far we have come, but even more importantly are thrilled with what the future holds for us. Even our kids make healthier food choices now which is something they will be able to carry forward with them their entire lives. It's never too late to make the change, just put your mind to it and start today. We did, and we couldn't be happier!