

# Starting Off on the Right Foot



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In my December article, I asked the question, “So when you’ve crossed the holiday party finish line, and the dust settles on January 2, will you be feeling overweight, and experiencing a lack of energy? Or will you be in good shape, and ready to start off the New Year?”

So where are you????????? My catalyst for losing weight, and taking control of my health, was the fact that my mother had a stroke at the age of 52. In 2002, I lost a sister, due to complications from diabetes. Both my mother’s stroke, and my sister’s death most likely could have been prevented with a change to a healthier lifestyle. In November of 2002, knowing my 40<sup>th</sup> birthday was fast approaching (January 2, 2003), I decided I wanted a better quality of life, and was not going to continue on that self-destructive path. When I started to see changes in my body, and how much better I felt, I wanted to help others to take control of their health, and so I became a personal trainer.

I talk all the time, I have lots of energy, but I don’t think anyone ever really hears me, so here goes, NO MORE MS. NICE GUY!!!!!!!!!! WHAT ARE YOU WAITING FOR EXACTLY???? Do you feel as good as you think you should? Do you have energy? Are you moving easily without

struggle? Are you able to get up and down out of a chair without problem? Can you walk a flight of stairs without resting or getting winded? If the answer to any of the questions were NO, there’s an issue that needs to be addressed.

I care about each and every one of you, and I want you all to live the best quality of life possible. Call me for a consultation, to see how I can help. And if I can’t, I will find the right person to help you, because it’s not about me. It’s about YOU, feeling awesome everyday! I will be your cheerleader, send you a motivational text, or call you, if that’s what you need. I’m here for you.

It’s HARD, I’ve been there, but I want to make it as easy as possible for you. You CAN make this your healthiest year ever! Baby steps, one foot in front of the other - let’s start on the right foot...

**Tami Rac, Health Empowerment Coach**  
Let me show you how to make a healthy lifestyle easy! <http://ItsTimeToGetFit.com>  
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