



#inspire stories

*Cathy Jobin*

## Finding an Exercise Routine that is Enjoyable

I have struggled with my weight all of my adult life, spending the majority of that time gaining and losing the same 30 pounds. Never being able to push myself to my personal goal and finding that "balance" of living my life with eating healthy and exercising regularly. What I think it came down to was not enjoying the type exercise that I was doing.

In September of 2016 a good friend said she had started going to a spin class that was recommended to her by a few Mom's in

this rush of energy and feeling of accomplishment that I had never experienced after a workout...this was fun! In the coming weeks and months my skills developed, I became stronger and my confidence grew.

Attending spin class 2-3 times per week helped me gain control of eating. If I was putting in all this time and energy I wanted to see results. I joined a weight loss program that I have been able to successfully maintain for last 6 months, which combined with

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Lunenburg. When I heard the words spin class I envisioned a large group of highly competitive, perfectly fit people that were possessive of their bike. I had heard horror stories of people getting into fights if someone sat at "their" bike. She told me that Inspire Studios was the farthest thing from what I envisioned. At Inspire Studios it was a small class of 10 bikes and the class was performed in the dark with the instructor lit by candles. I couldn't believe it and I needed to try this for myself.

September 12, 2016 I arrived at Inspire Studios for my first class nervous but excited. When I entered, Kristin greeted me right away, set me up with my shoes and got my bike into the correct positions. She told me have fun and not to be afraid to sit through most if not all of the class. Kristin turned off the light and the music began to play... in the blink of an eye the class was over. I sat stunned how quickly 45 minutes flew by. I had

the spin class I have lost close to 50 pounds. I have been able to transform my body in ways I did not know was possible. I feel great and have more energy and confidence.

I have had co-workers and friends come up to me asking what my secret is and I tell them that I have found an activity that I love to do. Yes, it's hard work and yes there are some days that I don't want to get up at 4:45AM for a 5:30AM class but once I am there I am surrounded by amazing women who inspire me and who have become friends. Kristin, Gretchen and Oliva have an incredible ability to motivate me and challenge me to give a little more and push a little harder.

I feel very blessed to be a part of the Inspire Studios family, it is truly a place that creates confidence, strength and community.