



#inspire stories

Connie Bush

Finding a NEW "Me"!

I first heard about Inspire Studios through friends in Lunenburg. Everyone was talking about it... "You have to try it! It's amazing!! You'll love it!" However, at that time there was no way I could "fit" it in. I was always on the go, there were not enough hours in the day. That all changed when my friend Amanda handed me an Inspire Studios water bottle with a gift certificate inside and said, "When do you want to book a class? I will book one with you!"

myself as well as my family. In order to be the best mother, girlfriend, daughter, friend, PERSON I can be, I need to love me. And boy is it worth it! In a little less than a year, I have lost 35 pounds, have more energy, more patience, and less stress. Here I am at 41, happier than I have been in a long time! Yup-the house is messier, there are dishes in the sink and laundry is backing up. I have learned that they can wait. My health and mental status can't.

"Inspire Studios has helped me reconnect with myself. In a little less than a year, I have lost 35 pounds, have more energy, more patience, and less stress."

I remember going home and telling my friend, Linda, about the gift certificate. My exact words were, "What am I going to do with this?" LOL! I booked my first spin class with Amanda. My other friend Terri picked me up. Thank goodness she did, because to be honest, I am not sure I would have actually gone. But, I did go and I was amazed! These women were actually dancing on a bike, in a candlelit room, to fantastic music. I couldn't believe it!

That was the beginning of a new me; a "me" I so desperately needed to find! Before Inspire I was 50 pounds overweight and would always find an excuse not to exercise. I just couldn't figure out how to get out of the rut I was in. Inspire Studios has helped me reconnect with myself. Inspire has reminded me that I need to take care of

I have met so many amazing women at Inspire. Women that have lifted me up when I needed it and even when I didn't think I needed lifting. Inspire Studios is truly one of kind. You will never find another place like it. I am so thankful for that gift certificate and that ride that started me on my journey to a better me!

I am truly honored that I was asked to be the next member spotlight. I never thought I could do it. Yet here I am, slowly creeping my way to the front row. I'm taking every challenge handed to me, no matter how far out of my comfort zone it is! I would like to thank my family and friends for the endless support you have given me. Thank you to Inspire Studios for showing me who I can be... I am loving the new me!