

I'm getting Totally Toned...despite having RA!

Hopefully, by telling my story, I will help someone else and spare them some unnecessary pain and embarrassment. Seven years ago, I was diagnosed with Rheumatoid Arthritis (RA), a horrible disease that affects your immune system. The immune system attacks your joints, which is painful and can cripple you. The fatigue, pain and weakness are very hard to deal with. My Dr. had me take medicine, telling me not to do anything that would put pressure on my joints, and to take it very easy. I was hurting, tired and scared, so I really listened to him. The problem was that I started gaining weight. And with the combination of age and lack of physical activity, very soon I was overweight. Not only did I not feel good, but now I also had a weight problem so I started dieting. I would follow a diet for a while, and then when I could not keep up the diet anymore, I would stop and gain all the weight back. I knew I really needed help, so I went to one of the big weight loss companies. They were very helpful, and as I spent more money on their food and supplements I really lost weight. But I was not eating REAL food, and still not feeling well. I started eating regular food again, and, you guessed it! I gained all the weight back AND then some.

It has been about 4 years since I have been diagnosed with RA, and the thought of ending up in a wheelchair never leaves my mind. I decided to talk to a Personal Trainer, thinking maybe they would know ways I could move around without hurting myself, and that I could lose some weight. The first trainer I found said he could help me, as I told him I had RA. I was happy that finally I would get some help. Wrong!!! After starting, I found out I could not do all the exercises, though I tried really hard, and the trainer was not pleased with me. My workouts went from bad to worse, so after a month I quit. I really felt bad and like a total failure. I had failed at dieting and working out. My physical and mental states were not improving, but I didn't know what to do!

About a year ago, I had a check-up by my Dr, who told me my weight was out of control. And in addition, my Blood Pressure was getting to the point that I would have to take more medicine. A lot of levels were not good, and my overall health was not improving. I started taking Raspberry Ketones and all those types of supplements, but nothing happened. Nothing was working, so again I needed help.

Then I called Totally Toned. This was my last effort. I would try one more time, after that I would just accept my situation. I could not handle any more failure, and starting thinking if I don't try in the first place, I won't fail! I really did not think Totally Toned could help me, as I felt hopeless and had a proven track record of failure. Mike talked to me and we started working out. I was scared, very scared. Scared of failing and scared of hurting myself. But...nothing (bad) happened! Mike was very patient with me, and when I had a real hard time, he would make me laugh. You do get the sense that Totally Toned trainers really do care about their clients! I thought after about a month I should be losing weight, but that's not what happened. What DID happen was amazing-I started feeling better in terms of having more energy, and my knees were hurting less and less. I had forgotten what it feels like to feel good. I kept going and slowly the weight and inches starting coming off. But the BEST part is that I feel 100% better! I no longer diet, but instead try to eat sensibly, and I no longer feel scared and hopeless.

At this year's check-up, my Dr. said all of my levels have improved: Blood pressure, Cholesterol (good and bad) are normal. My Dr. was impressed, and I am no longer on any medications! Mike taught me that by not being physically active, I was actually making my joints worse, and certainly not helping my heart, lungs, bones, etc. I have gained a lot of strength, and I can do things now that I thought I would never be able to do again. I still have RA, but it is not as debilitating as it once was. I am happy, and healthy, and I look better too. Mike and Ryan have Totally changed my health and my life, one workout at a time. Health is so important, and Totally Toned can really help you achieve it. I am so grateful, and you will be too!

Henrietta